



One day...one night...one reason

Relay For Life, Forest of Dean Site Rules

1. **No Smoking** – The Whitecross Leisure Centre/Forest of Dean District Council land is a non-smoking site (the whole of the site including the car park).
2. **No Animals.**
3. **No Barbeques** – An organised BBQ will be available. Details can be found on the event programme.
4. **No Vehicles** will be allowed on to the grass area at any time, for Health & Safety for All.
5. **Alcohol** – Please remember this is a family event with very important health messages. Having a drink outside your tent is fine, however please refrain from walking around the site, including the track with alcoholic drinks, especially at the Candle of Hope ceremony.
No Alcohol is permitted for under 18's
6. **Footwear** – no high-healed shoes, spikes or football boots are allowed on the astro-turf track.
7. **Children** must be supervised by an appropriate adult at all times.
8. **Rubbish** – Please use the waste and recycling facilities provided. **Each team will be responsible for the removal of their own rubbish from site**
9. **Site Emergency** – In the event of a site emergency, please assemble in the main car park at the front of the site.
10. **First Aid** cover is being provided by Fusion Medical. They are located next to the catering tent.
11. **All participants** in the Relay, do so at their own risk.
12. **Extreme Weather** – In the event of lightning, the relay track will be moved to the sports hall.
13. **Tent Pitching** – tents must be pitched at least **4 metres apart**.
14. There will be no unnecessary movement of vehicles for the duration of the Relay.
15. **Encourage anyone** wanting to take part, even for limited periods of time, to register as a member of your team – **there will be no on the day registrations this year** – Visitors are of course most welcome.
16. **Generators** – These will be allowed on site however **we need to know in advance**. Generators will not be permitted overnight for obvious reasons.
17. **No Caravans** or Motor homes.

Thank you

Teaming up to beat cancer