



Cornish Seal Sanctuary

Thank you for participating in Sprint for Seals!

By taking part, you are supporting the vital work of the Cornish Seal Sanctuary, where vulnerable rescued seal pups receive the expert care they need.

All proceeds raised through Sprint for Seals 2019 will go towards our work rescuing, rehabilitating, and releasing seal pups around the coast, as well as caring for those who sadly cannot be released. The winter season 2017/18 was our busiest season yet, seeing us rehabilitate nearly 90 pups! So far, the 2018/19 one has been extremely busy too with well over 60 pups coming through the hospital by mid-January.

It costs the Sanctuary an average of **£2,000** to fully rehabilitate a rescued seal pup, so every penny raised makes a real difference, especially for pups like Ted, who had a broken jaw that had to be rewired or Harry who needed extra care due to becoming entangled in ocean litter.

Harry was rescued early in 2018. He had become entangled in netting, which was wrapped around his neck and body, causing life threatening injuries. He was brought to the Cornish Seal Sanctuary and given the best possible care from both our team and the specialist vets. After months of care, he was successfully released back out into the wild.



Harry shortly before release

Your Sprint for Seals entry fee helps the Cornish Seal Sanctuary continue our important work. **If you would like to do even more to support the Sanctuary's work, you can fundraise** and there are prizes for our highest Sprint for Seals 2019 fundraisers!*

1st Prize: Breakfast with the Seals experience for up to 4 people

2nd Prize: Enrichment Experience for up to 4 people

3rd Prize: Seal pack - A Cornish Seal Sanctuary tote back containing a furry seal toy, a mug featuring resident seal Willow, 2019 calendar and a pin badge.

*Terms and conditions apply.

I would like to fundraise!

To fundraise through Sprint for Seals, you can collect donations either online or using a sponsor form – or both.

To fundraise online, set up a page through JustGiving:

www.justgiving.com/campaign/SprintForSeals2019

You simply need to click on the 'Start Fundraising' button on the right of the page. If you are not already registered, you will need to register with JustGiving to set up an online fundraising page. Tell your friends, family, colleagues, about your fundraising – you can email them the link to your online page, and share it on your social media channels.

Here are some examples of how your fundraising helps:

£10 could buy a bottle for feeding rescued seal pups.

£20 could provide essential vitamins for the seals.

£50 could pay for a full vet visit for rescued seal pups.

£100 could feed the rescued seal pups in the Sanctuary's seal hospital for 5 days.



Before the day

Please fill in all the attached form with this pack. You will need to bring this in, fully completed, on the day. Any runners who do not bring the completed form with them will **not** be allowed to participate.

Please be aware that the run will take you around the sanctuary, including some bumpy estuary tracks, steps, steep gradients and through the woods (see below map for further details). These areas could be slippery or muddy, so please take care. Health and safety is paramount, so if you have any questions or issues, please give the sanctuary team a call on 01326 221361 for further help or information.

On the day

Please ensure that you wear weather-appropriate clothing and footwear that is safe, comfortable and appropriate for the activity.

We will be providing some water, however in the interest of being as environmentally friendly as possible; we request that runners please bring their own water in reusable bottle to help reduce the amount of waste.

How to find us:

The Cornish Seal Sanctuary is located in Gweek Village. There are a variety of ways to get to the Cornish Seal Sanctuary, however we do recommend reaching us by car. Take the A3083 from Helston and turn onto the B3293 at the roundabout and follow the brown signs to the Cornish Seal Sanctuary. You can get the 35A bus from Helston, however please check out bus times before travelling as buses are not very regular.

Our address is:

The Cornish Seal Sanctuary is a © SEA LIFE Trust Sanctuary.
SEA LIFE Trust is a charity registered in England & Wales (1175859) and company limited by guarantee (10833916); SLT Sanctuary Trading Limited (11160544) is a limited company; all are registered at Link House, 25 West Street, Poole, BH15 1LD.



We have copious parking available at the sanctuary, however it is steep so please leave your car in gear and check your handbrake. There is disabled parking available directly outside the sanctuary reception. If you have any special parking requirements, please contact us prior to the day on 01326 221361.

Registration will open at 8.30am at the Cornish Seal Sanctuary reception. Please bring along all your forms in order to register. You will be issued with your exclusive running number and will need to write your emergency contact information on it, so please have this to hand.

You are more than welcome to bring your dog with you; they can participate too! Please be aware that all dogs must be kept on leads at all times. There are bins and water bowls situated around site. Spectators are more than welcome to come along! There will be an area for spectators at the start and finish point of the run to cheer you on. If spectators wish to enter the sanctuary, the usual fees will apply.

The run will begin at 9.30am. Please arrive no later than 15 minutes prior to the start of the run, to allow sufficient time for registration. There will be marshals and first aiders situated around the course. Please ensure that if you have any issues, you speak with one of them as soon as possible.

Route Map

Sprint for Seals 2019 will take you on a fun and muddy route around the Sanctuary, and you can wave to our seals as you pass by!



There is no pressure to run at Sprint for Seals – you can take it at your own pace and enjoy the stunning views.

If you would like to run at the event and you're not a seasoned runner, we recommend following a good plan, like the one published by the NHS, to help you get ready for the day.

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

After the run

All runners will receive pack containing an exclusive Sprint for Seals 2019 medal, a Cornish Seal Sanctuary water bottle, a can of water and banana. You can also purchase an exclusive Sprint for Seals t-shirt at the online shop at www.sealifetrust.com.

All runners will be granted free entry into the sanctuary for the duration of Sunday 24th March. The sanctuary will be open to visitors once the run has finished. You will be granted entry by showing your medal. Other members of your party will be subject to the usual entry rules.

Fundraisers will have a further two weeks to finish collecting their sponsorships. In order to be eligible to win a prize, these funds must be received by the sanctuary by Sunday 7th April 2019. You can continue to fundraise after this date; however those donations will not go towards the competition.

Funds raised online through Just Giving will be directly transferred will be transferred directly. Please bring any donations raised offline, along with sponsor forms, to the Cornish Seal Sanctuary.

Need to get in touch?

If you have any questions, or would like to get in touch with the Cornish Seal Sanctuary, please contact us on **01326 221361** or slcweek@sealifetrust.com

We look forward to seeing you at Sprint for Seals 2019!



Sprint for Seals 2019 is being kindly sponsored by Pirate FM.

Terms and Conditions

The competition winner for the highest fundraised monies through Sprint for Seals 2019 will be based on all funds – online and via hard copy sponsor forms – received by the Cornish Seal Sanctuary by Sunday 7th April 2019. You can continue to fundraise after this date; however these donations will not count towards the competition. The winners will be the top three fundraisers. The winners will be contacted by the sanctuary by Sunday 14th April 2019. The sanctuary's decision will be final. Prizes have no monetary value and cannot be exchanged.

Sprint for Seals 2019 at the Cornish Seal Sanctuary waiver requirements and process

THANK YOU FOR ACCEPTING THE TERMS AND CONDITIONS OF ENTRY AS PART OF THE REGISTRATION PROCESS. YOUR ACCEPTANCE OF THE WAIVER AGREEMENT BELOW IS ALSO REQUIRED BEFORE YOU CAN PARTICIPATE IN THE ACTIVITY.

PLEASE READ THIS DOCUMENT CAREFULLY BEFORE AGREEING TO ITS TERMS.

Name of participant(s):.....

DOB of participant(s):.....

Name of guardian completing this form (for under 18 year old guests):.....

Post code:.....

Contact e-mail:.....

Contact phone:.....

I acknowledge and agree that I am aware of the nature of the run and have read the supporting information provided by the Cornish Seal Sanctuary of the inherent risks and dangers associated with the run. Having understood the risks associated, I wish to participate in the run organised by the Cornish Seal Sanctuary.

I understand that the run has a potential for injury and that it is necessary to comply with the directions noted in this waiver form at all times.

I am voluntarily participating in the run with the knowledge of the dangers involved and I agree to accept any and all risks of loss, injury or death.

I acknowledge that I must be present for and pay full attention to all safety briefings and that failure to attend or participate fully may lead to my engagement in the run being cancelled without refund.

I will undertake the run in accordance with all written and oral instructions given to me at all times to ensure my safety, and the safety of others.

I acknowledge and accept that the run is physical in nature and requires a moderate level of fitness and I should not undertake the run unless I am physically able. I am in proper and good health and I am physically fit to learn and participate in the run and represent that I am not suffering from any disease which may put either myself or the other participants in any risk or danger.

I certify that to the best of my knowledge I do not have a medical condition which may have the effect of making it more likely that I will be involved in an incident which could result in injury to myself or others. To the best of my knowledge I am not pregnant. I confirm that I am not under the influence of alcohol or drugs.

I agree to cease participation, and notify staff at the Cornish Seal Sanctuary as soon as possible, if I am concerned in any way about my ability to undertake the run or the operation of the run itself.

I confirm that I will wear, and properly fasten, weather-suitable clothing and footwear at all times when participating in the run.

If assuming responsibility for the supervision of any participants under 16 years old in this waiver form, I declare that I am aged 18 years of older.

If I am not the parent or guardian of any under 16 year olds included here, I declare that that I have the authority of their parent or guardian to sign this waiver form.

I agree that I am responsible for my own safety and that of any under 16 year olds that I have assumed responsibility for in this waiver. I undertake to ensure that he/she/they have read, understand and will follow all written and oral instructions noted above and that I will accompany him/her/them on the run at all times.

In the event of an accident, or any loss, damage, injury or death, I acknowledge that the Cornish Seal Sanctuary will not be liable for any direct or indirect loss, damage or injury arising from or in connection with the run (excluding death or personal injury caused by the Cornish Seal Sanctuary's negligence) and I waive all and any claims against the Cornish Seal Sanctuary in this respect both for myself and for any children in my care.



Sponsorship Form

Name:.....

Event:.....

For office use only

Date funds received:.....

Signed:.....

Full name (First name and Surname)	Email address	PLEASE COMPLETE FOR GIFT AID*			Donation amount	Paid (please tick)	Date
		Home Address – first line (Only needed if Gift Aiding your donation)	Postcode	Gift Aid (please tick if applicable)			
<i>e.g. Joseph Bloggs</i>		<i>e.g. 1, High Street</i>	<i>e.g. AB1 2CD</i>	✓	<i>e.g. £10</i>		
Total:							

giftaidit ***Boost your donation by 25p of Gift Aid for every £1 you donate**

If I have ticked the box headed 'Gift Aid', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity named above to reclaim tax on the donation detailed above, given on the date shown. I understand that if I pay less Income Tax / or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Please remember: You must provide your full name, home address, post code & tick 'Gift Aid' for the charity to claim tax back on your donation.
Please notify the SEA LIFE Trust if you would like to cancel your Gift Aid declaration, amend your name or address, or if you no longer pay sufficient tax for Gift Aid to be claimed.

Your support protects our oceans, and we'd love to keep you updated with our news, activities and appeals. Your details will only be used by SEA LIFE Trust and our Sanctuaries – we will never give your information to other organisations to use for their own purposes. You are free to change your mind at any time. Please tell us if you would be happy for us to contact you (*tick all which apply*):

By email By post

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