



## **HELPING HANDS SPORTIVE CHALLENGE - CHARTE ECO-RESPONSABLE DU COUREUR CONNECTE**

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Each participant to the Sportive Challenge Helping Hand is committed to:

### Related to Covid :

- Run/Bike/walk respecting social distancing
- Do not run / bike / walk if you feel COVID-19 symptoms
- Do not run / bike/ walk if you had COVID-19 symptoms in the last 14 days (you must stay confined)
- Follow government guidelines

### For the race

- Do not run on treadmill as it will not recognize gpx file need for the participation
- Run, walk, bike outside
- Be in good shape and be used to do regular activity, or biking for kids
- Respect traffic laws
- Do not spit

### Be Eco-responsible :

- Do not through anything in the forest or street
- Keep clean public places
- Respect nature

### Ethics

-For all communication on social media linked to my participation to the Helping Hands Sportive Challenge, I commit to not publish any content that could chock, divide, exclude and I respect to follow the value of solidarity, transparency, honesty defended by Helping Hands Association.