

# #Alwaysstraining

## Terms and Conditions

We want everyone to have fun shooting and posting up their #alwaysstraining videos. After all, having fun and encouraging banter amongst friends is the reason we launched #alwaysstraining.

However.....

Sadly, there are always one or two people who take it a little far and push the limits of the law, common courtesy and respect for others.

**So, when shooting your videos we ask that you consider others and think twice if you think the video is of a nature or location that could damage, offend or be dangerous to you or others.**

If we feel that your video crosses the line of any of the above, we will not share it and you will not be eligible for any prizes.

GH Training, Brooks Running, Polar or any other Company giving away prizes are **NOT** responsible for any inappropriate, dangerous or offensive videos and **strongly discourage** the filming of such videos.

Examples that GH Training feel fall outside the boundaries of decency and safe practice include videos taken in any of the following situations:

- **In places of worship**
- **In, on or near any machinery that poses a risk/ danger or causing injury - including cars.**
- **On private property (without first seeking permission)**
- **Any situation where individuals risk being injured**

GH Training will ultimately decide what is deemed inappropriate and our say is final!

**Have fun - but please consider the safety and feelings of others.  
Thanks.**