Terms and conditions
22/10/2019

This Girl Can Fitbit Prize Draw Terms and Conditions to Win
Start and closing date – 22nd October 2019 to 2nd March 2020.
The promoters full name and address – Active Suffolk, East Suffolk House, Riduna Park, Melton IP12 1RT

Five prizes are up for grabs: Fitbit. Five winners will each receive a Fitbit. There is no cash alternative and there is no alternative prize to be awarded.

Geographical or personal restrictions e.g. age / where they live/study -

- You must live in Suffolk
- You must be aged 16+
- The winner will be asked for proof of age to claim the prize.

Criteria for entry-

- The blog/vlog which is submitted must be entered by an existing or newly registered This Girl Can Ambassador in Suffolk.
- The blog must be no more than one side of A4, approx. 500 words and vlogs are to be no more than 2 minutes long.
- All submissions must refer to the impact exercise/ physical activity has on any of the following:
  - Mood
  - Mental health e.g. improved mental health, stress management, reduced anxiety
  - Confidence and self-esteem.
- All entrants must be happy with their blog/ vlog (including any images) to be shared on the Active Suffolk website and via their social media platforms which includes the Active Suffolk and all This Girl Can Suffolk accounts on Facebook, Twitter and Instagram.
- Entries may also be shared with This Girl Can and Sport England.

Restrictions on the number of times you can enter -

- Only one entry per individual will be considered during the period in which this competition is running. Oct 2019 – Monday 2nd March 2020.
- To enter and to qualify you must be an existing This Girl Can Ambassador in Suffolk or sign up during October 2019 – Monday 2nd March 2020. You can sign up as an ambassador and submit your blog/vlog by contacting laura.beale@activesuffolk.org
- You are only allowed one prize entry per person.

How and when winners will be notified –

- The winners will be drawn at random. They will be notified by email on Friday 3 April 2020.
- The winners will each receive their prize by post and/or at an ambassador meet up.
• If we are unable to reach a winner, and we have not heard from them within 5 working days of announcing the prize draw outcome, we will randomly select another winner for the prize.

• Proof of age may be asked before you can claim the prize.

Criteria for judging –

• All submissions which have been sent before Monday 2nd March 2020 will be numbered when logged. After Monday 2nd March 2020, a random number generator will then be used to select five lucky winners.

• The promoter reserves the right to cancel the competition without notice at any time without issuing a prize.

How the results and the winners name will be announced –

Although submitted blogs and vlogs may be shared during the competition period, personal details, such as full name and location will not be shared without permission.

• The winner will also not be publicly announced.

• The full name and details of the winner will be kept confidential and will not be used in any promotional posts or campaign materials. We will contact the winner privately to let them know they have won.