

Event Rules and FAQ's



Event Rules

For everyone's safety, please follow these guidelines during the event.

1. **Arrive Early** – Please arrive at least 30 minutes before your designated wave to allow time for registration and to get ready in the warm-up area.
2. **Follow Marshals' Instructions** – Event marshals will be on hand throughout the day. Please listen to and follow their directions.
3. **Take Care on the Stairs** – Every stair and staircase may differ. Move carefully and watch your footing at all times.
4. **No Phones or Headphones** – Mobile phones and headphones are not permitted on the route. You need to be able to hear instructions from marshals.
5. **No Racing Down Stairs** – Do not skip or jump stairs while descending. Going down too quickly can build momentum, so take extra care.
6. **Overtaking Rules** – Overtaking is only allowed on upward stairs and flat surfaces.
7. **Keep Left** – Stay on the left-hand side of stairs and runways. Only overtake on the right.
8. **No Water on the Route** – To reduce slips, water (bottled or otherwise) is not allowed on the stair route. Water stations will be available partway through the course and at the finish line.
9. **Look Out for Others** – If someone appears injured or is struggling, please alert your nearest marshal immediately.

FAQ's

About The Event

What is SAMH STOMP?

The SAMH Stomp is a stair-climbing challenge at Barclays Hampden. Participants climb the stadium stairs while fundraising to support SAMH and Scotland's mental health.

Who are SAMH?

SAMH (Scottish Action for Mental Health) has been supporting Scotland's mental health for more than 100 years. We currently operate over 70 services in communities across Scotland, providing mental health social care support, addictions and employment services, among others.

www.samh.org.uk

SAMH is Scottish Action for Mental Health
SAMH is a company limited by guarantee, registered in Scotland No. 82340
Scottish Charity No. SC008897
Registered Office: Brunswick House, 51 Wilson Street, Glasgow, G1 1UZ



Are there different routes available?

Yes! There are two ways to take on SAMH STOMP:

- **Classic Stomp** – A challenging stair route suitable for most participants
- **Extreme Stomp** – An extended route for those looking to push themselves further and maximise their fundraising impact.

Event Timing & Fitness

What time will the event start and finish?

Stomping kicks off at 10:00 with waves departing every 15 minutes until 12:15. You can choose a time slot that suits you. There is no time limit to complete either route. Please arrive at least 30 minutes before your wave to register and get ready.

Do I have to be fit or sporty to take part?

No! There are no minimum fitness requirements. Whether you're a seasoned runner or trying something new, you can take part at your own pace. A training plan is available to help you prepare.

What if I can't complete the route?

If you need to stop, let your nearest marshal know. They will help you exit the route safely and return to the start/finish area

Registration

Is there an age restriction?

Yes, participants must be 5 or over on the day of the event. Anyone under 16 must be accompanied by a parent or guardian.

How much does it cost to enter?

Each route has a registration fee and minimum fundraising pledge:

- **Classic Stomp:** £25 registration, £150 fundraising pledge
- **Extreme Stomp:** £25 registration, £150 fundraising pledge

What is included in the registration cost?

- Official SAMH T-shirt
- Race number & safety pins
- Finisher medal
- Water & post-event snack
- Full event support (*marshals & first aid*)
- Fundraising tips & resources

Everything you need for a fun, safe, and memorable challenge while supporting Scotland's mental health!

How do I register?

Visit [our website](#) to sign-up

Can I register on the day?

No, registration must be completed in advance. Places fill quickly, so don't wait!

Can I transfer my place or request a refund?

Transfers: Email stomp@samh.org.uk at least 30 days before the event.

Refunds: Available within 14 days of registration. After 14 days, refunds cannot be issued.

I haven't received a confirmation email, what should I do?

Check your junk/spam folder. Confirmation emails may take 1–2 hours to arrive. If you haven't received it after 24 hours, contact stomp@samh.org.uk.

Can I take part as a team?

Yes! When you register, please let us know if you are walking as part of a team in the relevant field. You can create a team fundraising page that links individual pages. Please note that individual fundraising pledges still apply to each member of a team.

Is there a time limit on the event?

No, there is no time limit for completing either the Classic STOMP or Extreme STOMP routes (*within reason*).

When will I receive my t-shirt?

Your t-shirt will be sent to you before the event. If you haven't received it by 25th September 2026, please contact stomp@samh.org.uk.

Are there terms and conditions for the event?

Yes, you can read them [here](#)

Fundraising

Can SAMH help me fundraise?

Yes! We have lots of tips and ideas to help you reach your fundraising goal. Contact the team at stomp@samh.org.uk for support.

Can I fundraise for my own charity?

No, the SAMH Stomp is a fundraising event specifically for SAMH. All funds raised will support our work across Scotland.

Do I need to reach a certain fundraising amount before the event?

Yes. Participants should aim to reach 75% of the minimum sponsorship pledge one week before the event. If you need support with fundraising, please contact stomp@samh.org.uk.

www.samh.org.uk

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How do I set-up my SAMH online fundraising page?

1. Visit www.justgiving.com/campaign/samhstomp2026
 2. Click the "Start Fundraising" button
 3. Login with an existing JustGiving account or create a new one
 4. Personalise your page with your story and photos
 5. Share your JustGiving page link with friends, family and colleagues and start fundraising!
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On The Day

Should I arrive early?

Yes. Aim to arrive at least 30 minutes before your wave. Make sure you register first; the team will provide everything you need and guide you to the warm-up area.

Can someone else sign me in?

No, all participants must sign in themselves.

What should I bring?

Wear comfortable, suitable clothing and footwear for stair climbing. Check your local running or sports shop if you need advice.

Will there be a bag drop?

Yes, there will be a bag drop at the event.

Can I wear headphones?

No, for your safety you must be able to always hear instructions from the event team and marshals.

Will food or drink be provided?

Water will be available during the event and at the finish line. Food and drinks can also be purchased at the venue. Water is not allowed on the stair route.

Can I bring my own food/drink?

Yes, you can bring your own food and drink.

Are there toilets?

Yes, toilets will be available at the start/finish area and along the route for participants. Spectators will also have access.

Venue & Support

How do I get to Barclays Hampden?

For travel information, including public transport options, see [Barclays Hampden travel guidance](#).

Will there be parking?

Yes, parking will be available on a first-come, first-served basis. Public transport is also a convenient option.

Is first aid available?

Yes, qualified first aiders will be on site throughout the event. If you feel unwell or injure yourself, alert the nearest member of staff immediately.

Can I bring friends and family?

Yes! There are spectator areas so they can watch and cheer you on.

Is smoking allowed?

No, smoking is not permitted anywhere within Barclays Hampden,

Can I bring my pet?

No pets are allowed, except guide dogs or assistance dogs.

Mobility Information

Is SAMH STOMP accessible for everyone?

SAMH STOMP is a stairs-based challenge, so participants must be able to climb multiple flights of stairs to take part safely.

I have a medical condition or mobility concern. Can I still take part?

You should seek advice from your doctor before registering. Only participate if your doctor confirms it is safe for you. Please also inform the SAMH Stomp team of any relevant medical information ahead of the event by emailing stomp@samh.org.uk.

What mobility is required to take part?

Participants must be able to climb stairs and walk short distances unaided. The event cannot accommodate wheelchair users, crutches, or walking aids. Limited adjustments may be possible for participants with difficulty on stairs; contact us before registering to discuss options.

What about visual impairments or other accessibility needs?

Depending on the situation, participation may be possible. Please contact stomp@samh.org.uk to discuss your circumstances.

Will the event organisers make safety decisions on the day?

Yes. The health and safety of all participants is our top priority. The SAMH Stomp team reserves the right to make final participation decisions on a case-by-case basis during the event.

Who can I contact for accessibility queries?

Email stomp@samh.org.uk for any questions or to discuss special requirements before registering.

We hope this answers your questions, but if not, please get in touch with the SAMH Stomp team at stomp@samh.org.uk, we are happy to help!