

Event Rules and FAQ's



Event Rules

To ensure the safety of all participants we have highlighted a few rules to follow while participating in the event.

- 1) Please arrive at least 30 minutes before your designated wave time , to ensure you have enough time to register etc. before heading to the warm up area.
- 2) Event marshals will be on hand throughout the event, please adhere to their instructions.
- 3) Please be aware that each stair and staircase at BT Murrayfield Stadium may be different, take care on each stair.
- 4) Mobiles phones and headphones are not permitted during the event. You need to be able to hear instructions from event marshals.
- 5) Racing down stairs is not permitted. Do not skip or jump stairs while going down. As you go down stairs you will build extra momentum, please take extra care.
- 6) Overtaking is only permitted on upward stairs and on flat surfaces.
- 7) Please keep to the left hand side of stairs and runways. Only ever overtake on the right hand side.
- 8) Water (bottled or otherwise) is not allowed on the event route. This is to reduce the risk of spills (and then slips). Water stations will be available partway through the route and at the finish line.
- 9) Look out for your fellow participants. If you see someone injure themselves or who seems to be really struggling, please notify your nearest marshal.

FAQ's

The Event

- **What is the SAMH Stomp?**
The SAMH Stomp is a stair climbing challenge event taking place at BT Murrayfield Stadium in Edinburgh. Participants take up the challenge to climb up the staircases within the stadium bowl whilst fundraising to support the work of SAMH.
- **Who are SAMH?**
SAMH are the Scottish Association for Mental Health. SAMH currently operates over 60 services in communities across Scotland providing mental health social care support, homelessness, addictions and employment services, among others. These services together with our national programme work in See Me, respectme, suicide prevention, sport and physical activity; inform our policy and campaign work to influence positive social change. For more information visit www.samh.org.uk.
- **Are there different routes available?**
Yes, there are two route options for the event.
 - Stomp – 4200 stairs
 - Extreme Stomp – 7400 stairs

- **What time will the event start and finish?**

Starting at 10am, participants set off in waves which leave every 15 minutes until 12:00pm, so you can pick a start time that suits you. There is no time limit for completing either route.

Please arrive at least 30 minutes before your wave time to register.

- **Do I have to be fit/sporty to take part?**

No! There is no minimum fitness levels for taking part. Whether you're a seasoned runner or just looking for something new, we'd love to see you. We've got a training plan to help you prepare for the event and there's no time limit for the Stomp and Extreme Stomp routes so you can take as long as you need to complete the event.

Registration

- **Is there an age restriction on the event?**

Yes, you must be aged 16 or over on the day of the event. Under 18's must have written consent from a parent/guardian to participate.

- **How much does it cost to enter?**

There is a registration fee and a minimum fundraising for each route:

- Stomp - £20 registration fee, £100 minimum fundraising pledge
- Extreme Stomp - £30 registration fee, £150 minimum fundraising pledge

- **How do I enter?**

Visit <https://www.samh.org.uk/stomp> and click the 'take your first step' button.

- **Can I register on the day?**

Unfortunately not, you must register in advance of the event. Places are likely to sign up quickly so don't wait too long to register.

- **Can I transfer my place to a friend/apply for a refund?**

Applications for a transfer can be made in writing to stomp@samh.org.uk and must be made at least 30 days prior to the event.

Refunds of registration fees are available within 14 days of registering. No refunds will be made after 14 days.

- **Why haven't I received a confirmation email after registering online?**

Your confirmation email may take an hour or two to appear in your inbox or it may have gone into your junk mail. If you still haven't received an email after twenty four hours then drop us a line at stomp@samh.org.uk.

- **Can I take part as a team?**

Yes. There is an option within the registration page to enter your team name. Once you've registered you can create a team fundraising page which your individual fundraising pages will link to – so you can keep track of your overall fundraising total. Please note that individual fundraising pledges still apply to all members of teams.

- **Is there a time limit on the event?**

There is no time limit on the event routes (within reason - we all need to go home at some point).

- **When will I receive my running vest/t-shirt and race number?**

Your running vest will be sent out to you prior to the event. If you haven't received this by the 20th October then please get in touch with a member of the team at stomp@samh.org.uk.

Your race number and safety pins to attach it to your running vest will be given to you at registration.

- **Are there terms and conditions for the event?**

Yes, you can read them here:

<https://www.samh.org.uk/stomp>

Fundraising

- **Can SAMH help me fundraise?**

Yes! We have a range of fundraising tips and ideas to help you hit your fundraising target. Get in touch with a member of the team for more information – stomp@samh.org.uk.

- **I want to fundraise for my own charity, can I do this?**

The SAMH Stomp is a fundraising event run by SAMH to support their work across Scotland, you can only fundraise for SAMH at this event.

On the Day

- **Should I arrive early?**

Yes. You should aim to arrive at least 30 minutes before your wave time. When you arrive make sure you register first. A member of the team will give you everything you need and let you know where to go next.

- **Can someone else sign me in at the event?**

No, you must sign-in yourself.

- **What should I bring?**

Comfortable and suitable clothing for the event. Please make sure you wear suitable footwear. Visit your local running/sports shop if you need advice.

- **Will there be a bag drop?**

No bag drop will be available at the event

- **Can I wear headphones during the event?**

No, for your safety you must be able to hear instructions and information from the event team at all times.

- **Will food or drink be provided during the event?**

Water will be provided for participants during the event and at the finish line. Food and drinks will also be available to purchase for participants and spectators. Please note, water is not permitted on the event route.

- **Can I bring my own food/drinks?**

Yes you can, there will also be food and drink available to purchase at the event. Please be aware that restrictions apply to what you can bring into the stadium. Please take a look at the 'What can I bring into the stadium?' section on the BT Murrayfield website:

<https://www.scottishrugby.org/tickets-and-events/getting-to-bt-murrayfield>

- **Are there toilets?**

Toilets will be available from the start/finish line for participants and spectators. There will also be toilets available for participants along the route.

- **What happens if I can't complete the route?**
Let your nearest marshal know and they will find a safe way for you to exit the route and get back to the start/finish line.
- **How do I get to BT Murrayfield Stadium?**
Check out information on travelling to BT Murrayfield here:
<https://www.scottishrugby.org/tickets-and-events/getting-to-bt-murrayfield>
- **Will there be parking at the event?**
Yes, parking will be made available on a first come first serve basis. There are lots of public transport options for arriving at BT Murrayfield, find out more here:
<https://www.scottishrugby.org/tickets-and-events/getting-to-bt-murrayfield>
- **Will there be first aid support at the event?**
Yes, qualified first aiders will be present throughout the event. If you are feeling unwell/injure yourself during the event, notify your nearest member of staff immediately.
- **Can I bring friends and family to watch me take part?**
Yes, we'd encourage you to invite as many people as possible to come watch with you. There will be a seating area for spectators so they can watch your progress during the event and see you cross the finish line.
- **Is smoking permitted at the event?**
Smoking is not permitted anywhere within BT Murrayfield.
- **Can I bring my pet?**
Sorry, no pets allowed. Guide dogs and assistance dogs only.