RULES OF PROCEDURE FOR CARICOM 10 K ROAD RACE OR ANY OTHER SUB-CATEGORIES IN THE EVENT

CHAPTER I
BACKGROUND:

1. The first CARICOM 10K was held in 2005 to commemorate the United Nations International Year of Sport and Physical Education.
2. The Road Race brings together professional and amateur athletes in the region in one single space to give voice to the positive influence of sport and physical education on the quality of life and in the promotion of peace and cooperation; its overall intention to promote a culture of healthy lifestyle.
3. The Road Race forms a part of the pre-event of the annual July Meeting of the Conference of Heads of Government and is held in the host Member State.

CHAPTER II
CONVENING AND COORDINATION OF THE RACE

1. The Road Race is an ‘Open Race’ and is coordinated by the CARICOM Secretariat in collaboration with the Ministry with responsibility for Sports, and the Athletics Association of the Host Member State.
   i. The Host Member State leads in the organizing for the event in relation to the choice of route, date for the race, articulation of sub-categories of participation in the event, and all other logistical matters related the successful convening of the event.
2. The CARICOM Secretariat convenes the Road Race via Savingram circulated to the Member States and Associate Members.
3. The event is open to male and female professional and amateur athletes who are nationals of CARICOM Member States and Associate Members.

1 See https://oldsite.caricom.org/about-the-caricom-10k-race/
2 Within the Human and Social Development Directorate and by the senior technical staff member with responsibility for Sports Development (or as assigned by the CARICOM Secretariat).
3 There is no bottom out age limit for participation in the C10K event.

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4. The Host Member State in collaboration with the CARICOM Secretariat has the privilege to determine and create competitive sub-categories of activities that are convened on the sidelines of the Road Race. These may be, (but not exhaustive) of the following types:
   i. A five (5) K race (running and or walking) for the differently abled/ wheelchair users, children under 16 years and senior citizens of the Community.

5. Professional and amateur athletes participating in the 10K run, compete for:
   i. The CARICOM Chairman’s Cup- Male and a cash prize.
   ii. The CARICOM Secretary General’s Cup- Female and a 4 cash prize.
   iii. The Trophies are sponsored by the CARICOM Secretariat and the Member State sponsors the prize money.

6. The trophies and cash prizes for the second and third place males and females in the 10K Road Race are sponsored by the Host Member State.

7. The trophies and or cash prizes for first, second and third place winners of any other categories determined by the Host Member State are sponsored by the Member State.

8. CARICOM Member States and Associate Members are required –
   a. To nominate, in consultation with their respective Athletics Associations, and determined by the number of categories advertised by the Host Member State, at least one male and female for each category of participation in the event.
   b. To defray the cost of airfare, accommodation and per diem allowances for their nominated representatives.

9. That persons not nominated to represent a CARICOM Member State or Associate Member, but who may be in possession of National Identification verifying his/ her citizenship of a CARICOM Member State or Associate Member may be allowed to register to participate in any category for the event. These persons may participate at their own cost and not at the cost of the Member State or Associate Member. These persons are eligible to compete for the CARICOM Chairman’s Cup or the CARICOM Secretary General’s Cup.

10. That persons not nominated to represent a CARICOM State, and who are not citizens of a CARICOM Member State or Associate Member but is resident in such country may be allowed to register to participate in any category for the event. These persons may participate at their cost.

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4 The Member State is encouraged to seek Private Sector Sponsorship to mobilize resources for cash prizes and other materials needed to ensure the success of the event.

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own cost and not at the cost of the Member State or Associate Member. These persons are ineligible to compete for the CARICOM Chairman’s Cup or the CARICOM Secretary General’s Cup.

CHAPTER III
ADMINISTRATION AND LOGISTICS

1. The CARICOM Secretariat initiates planning for the event by convening a meeting between the Director of Sports and other named representatives from the Host Member State and the CARICOM Secretariat Planning Team.

2. A Meeting of Directors of Sports is convened by the Secretariat to provide CARICOM Member States and Associate Members with additional details on the arrangements for the race, including route, categories, and prizes. Information for this meeting is sent to Member States and Associate Member States via Savingram.

3. Member States are required to identify their nominated participant(s) and communicate same to the CARICOM Secretariat.

4. All athletes are required to complete the Participant Registration Form, which is at ANNEX I.

5. In a case where a CARICOM Member State or Associate Member nominates more than one athlete separate Forms must be completed. The Form(s) should be returned to the Secretariat by the date requested in the Convening and Administrative Savingram.

6. A person not nominated by a CARICOM Member State or Associate Member or who is not a citizen of a CARICOM Member State or Associate Member, but wishing to participate in any category of events may send their completed Participant Registration Form to the National Athletics Association in a CARICOM Member State or Associate Member for forward to the Host Member State and the CARICOM Secretariat.

   a. Where a person not nominated by the Member State or Associate Member has been sanctioned, he or she is not permitted to participate in the Event. Upon submission of their Registration Form to the National Athletics Association, the Association will be required to notify them that being sanctioned makes them ineligible to participate in the event. The registration form of a sanctioned athlete will not be forwarded to the Host Member State and the CARICOM Secretariat.
7. Information regarding the route, country entry protocols and recommendations for hotel is provided by the Host Member State and communicated to CARICOM Member States and Associate Members by the Secretariat via Savingram.

CHAPTER IV

CONDITIONS FOR COMPETING

1. Participation in the C10K or any other sub-categories in the event is voluntary.
2. Each participant must complete and sign a Participant Registration Form which sets out the terms and conditions of participation.
3. Only athletes nominated by the CARICOM Member States or Associate Members to participate in the 10K Road Race can compete for the CARICOM Chairman’s Cup or the Secretary General’s Cup.
4. Non-CARICOM citizens can participate in the C10K or other categories of participation but may only receive a finishing medal.
5. A person who competes in any category and who does not meet the criteria for entry will be disqualified.

CHAPTER V

LIABILITY

1. The Caribbean Community, the Host Member State and CARICOM Member States/Associate Members shall not be held liable for any risks related to personal or bodily injury, including death arising from participation in the C10K or any other sub-categories in the event.

2. Each person participating the C10K or any other sub-categories in the event shall accept liability for any risks related to personal or bodily injury or including death as set out in the Terms and Conditions of Participation attached to the Participant Registration Form.

CHAPTER VI

SUB COMMITTEES AND WORKING GROUPS

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1. The Secretariat in collaboration with the Host Member State shall establish a sub-committee to support the coordination and execution of the event\textsuperscript{5}.

**CHAPTER VII
AMENDMENTS AND SUSPENSIONS**

1. Subject to the relevant provisions, these Rules may be amended by a regional meeting of Directors of Sports and an affirmative vote of the Directors of Sports of two-thirds of all CARICOM Member States represented at the meeting.

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\textsuperscript{5} Comprising of representatives from the Host Member State coordinating the event in country and representatives from the CARICOM Secretariat (Office of the Secretary General, Communications Unit, Human and Social Development Directorate). The Sub-committee is led by the named HSD focal point with responsibility for executing the race (normally from within the Human Resource Development Programme).
ANNEX I

[Number of Race] CARICOM 10K ROAD RACE
PARTICIPANT REGISTRATION FORM
[Day, Month Year for the Event]

<table>
<thead>
<tr>
<th>ATHLETE INFORMATION</th>
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<tbody>
<tr>
<td>SURNAME:</td>
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<tr>
<td>FIRST NAME:</td>
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<tr>
<td>MIDDLE NAME/S:</td>
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<tr>
<td>DATE OF BIRTH:</td>
</tr>
<tr>
<td>NATIONALITY:</td>
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<tr>
<td>COUNTRY OF RESIDENCE:</td>
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<tr>
<td>ADDRESS:</td>
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<td>TELEPHONE:</td>
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<tr>
<td>EMAIL:</td>
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<tr>
<td>CONTACT IN CASE OF AN EMERGENCY</td>
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<td>NAME:</td>
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<td>TELEPHONE:</td>
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<table>
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<th>FLIGHT DETAILS</th>
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<tr>
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<tr>
<td>DATE &amp; TIME OF DEPARTURE (Including Flight Number):</td>
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<th>HOTEL DETAILS IN TRINIDAD AND TOBAGO</th>
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<tr>
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<tr>
<td>ADDRESS OF HOTEL:</td>
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<td>TELEPHONE NO.:</td>
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<table>
<thead>
<tr>
<th>OTHER INFORMATION</th>
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<tbody>
<tr>
<td>COACH/GUEST OF ATHLETE</td>
</tr>
<tr>
<td>SURNAME:</td>
</tr>
<tr>
<td>FIRST NAME:</td>
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<tr>
<td>MIDDLE NAME/S</td>
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</tbody>
</table>

| CATEGORY REGISTERING FOR (✓ Copy Tick and place as appropriate) |

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10 K: 

Novelty Event (5K, 1K etc.):

Please state the event: __________________________

“By participating in the CARICOM 10K Road Race and other subcategories of the event, I________________________ have read and agreed to be bound by the Terms and Conditions of Participation in the CARICOM 10K Road Race and other subcategories of the event attached to this Registration Form.”

____________________
Signature

____________________
Date
TERMS AND CONDITIONS OF PARTICIPATION IN THE CARICOM 10K ROAD RACE

Definitions
- Participant: means the named person in the Registration.
- Race Organiser: means the Caribbean Community
- Host Member State: means the CARICOM Member State hosting the event
- Terms and Conditions: means the terms and conditions set out below
- Event: means the CARICOM 10K Road Race and other sub-categories in the event.

PARTICIPANT’S DECLARATION

1. I agree to abide by the Terms and Conditions and any other rules or instructions and regulations published and displayed from time to time by the Race Organiser or the Host Member State given on the day of the Event by race marshals, officials and the police.

2. I understand that participating in this event is potentially hazardous and that I should not participate unless I am medically able and properly trained to do so. I expressly and knowingly assume all extraordinary and inherent risks involved in this event or any related activities, known or unknown, including, but not limited to bodily injury, or death due to, among other things, falls, contact or collision with other participants, effects of weather, traffic, and conditions of the road.

3. In consideration for the Race Organiser’s and the Host Member State’s acceptance of my registration for this event, I hereby waive, release, and discharge the Race Organiser, the Host Member State and their employees or representatives in respect of any and all liability, claims, and cause of action, known or unknown, which may arise from or relate to my voluntary participation in this event.

4. I hereby agree to indemnify and hold harmless the Race Organiser, the Host Member State and their employees and representatives from and against any and all damages, liability, claims or causes of action made by any third party arising from or relating to my participation in this event.

5. By signing the Participant Registration Form, I am indicating my acceptance of the Terms and Conditions of Participation in the CARICOM 10K Road Race or any other sub-categories in the event.

AMENDMENTS/RESERVATIONS/ACKNOWLEDGEMENTS

1. The Event Organiser or the Host Member State reserves the right to modify, supplement or waive all or part of the Terms and conditions of Participation.

2. Participants shall be bound by any modification or supplement of the Terms and conditions of Participation.

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