

JEFF's BIG 26-HOUR Workout – Terms and Conditions

This online fitness session will run for 26 hours, beginning at 08:00 on Saturday the 29th of January 2022 and ending at 10:00 on Sunday the 30th of January 2021.

1. Definitions

In these terms and conditions, the terms below have the following meanings:

1.1. **“Applicable Laws”** means all national, provincial, local and municipal legislation, regulations, statutes, by-laws, consents and/or other laws of any relevant governmental authority and any other instrument having the force of law that may be issued and in force from time to time with regard to or in connection with the activities contemplated under these terms;

1.2. **“Discovery Platforms”** means the set of related web pages under the Discovery domain, including but not limited to the Discovery website, any Vitality page or related content on the Discovery website, the Discovery App and/or official Discovery social media platforms;

1.3. **“Discovery Vitality, We, Us”** means Discovery Vitality (Pty) Limited bearing Registration Number 1999/007736/07, a company duly registered and incorporated in accordance with the company laws of the Republic of South Africa;

1.4. **“Discovery”** means Discovery Limited with Registration Number 1999/07789/06, a public company duly registered and incorporated in terms of the company laws of the Republic South Africa and its subsidiaries;

1.5. **“Personal Information”** has the meaning ascribed to it under the Protection of Personal Information Act 4 of 2013;

1.6. **“You, Your”** refers to the Main Member of the Vitality membership, unless indicated differently;

1.7. **“Vitality Programme”** the program that Discovery Vitality markets, operates and manages a programme for the benefit of Vitality Members, the rules and benefits of which may change from time to time

1.8. **“Vitality Member”** means Participants of the Vitality Programme, which includes spouse dependants, adult dependants, and child dependants over and under the age of 18 (eighteen), who are bound by the rules, which may change from time.

2. Eligibility, Registration and Activation

2.1. Vitality Members may participate in workouts, live streamed on the [JEFF Facebook page](#) and [Discovery Vitality Facebook page](#). Vitality members 18 years and older will earn a flat 300 points for completing a workout for 30 minutes or longer at JEFF's Big 26-Hour Workout, you can check out the schedule on the [events page](#).

2.2. Your Participation in the workout programme requires an uninterrupted internet connection.

2.3. You may access the live streamed workout online on the Discovery Vitality page on Facebook and JEFF Facebook page.

2.4. By participating in the workout, you agree to the limits, terms and conditions that Discovery Vitality, our partner network and third parties associated with the programme may share your Personal Information for purposes of administering the benefit, which includes but is not limited to the awarding of points.

2.5. You acknowledge that it is your responsibility to consult a healthcare provider before beginning this or any other exercise programme in respect of your past or present injury, illness, health problems or any conditions or medication that may affect your participation in the programme at any point in time.

2.6. You warrant that the relevant medical checks have been completed and that there are no medical restrictions to your participation in the workout;

3. Engagement

3.1. The following will be considered as a valid workout for purposes of awarding points:

3.1.1. Accessing the workout session through the Discovery Vitality Facebook page and JEFF Facebook page.

3.2. A workout is qualified as such where a Member has logged in to the livestream and participates in an online fitness workout session marked with a Vitality indicator.

3.3. Members 18 (eighteen) years and older will be awarded 300 points for participating in each of the online workouts. Vitality points will only be awarded for one fitness activity for the duration of the event. If you complete two fitness activities in one day, then the higher points between the two will be awarded.

3.4. Points awarded from participating in the workout sessions will reflect within 7 working days from date of submission.

3.5. Points are awarded on an individual level, not on a policy level, therefore each Member will need to log in to the Discovery Website and manually submit their completed workout by following the below steps in order to be awarded the points:

3.5.1 Log into the Discovery website

3.5.2 Select Vitality

3.5.3 Select "Gym, devices and fitness"

3.5.4 Under "Vitality Race events", select "Claim points for Vitality race events"

3.5.5 Under "Manually submit your race results", capture the following fields:

3.5.6 Event name – JEFF's Big 26 Hour Workout

3.5.7 Event date and time –

Start: **08:00 on Saturday the 29th of January 2022**

End: **10:00 on Sunday the 30th of January 2022**

3.5.8 Race type - The event name will appear on the drop-down menu and should be selected

3.5.9 Race number - ID number or passport number

3.5.10 Distance - The event name will appear on the drop-down menu and should be selected

3.5.11 Time - Members need to fill in both time fields

For example: if you trained for 1 hour 30 minutes – 01hours 30mins or if you trained for 45 minutes – 00hours 45mins

3.5.12 Upload a screengrab of you being logged in to the workout marked with a Vitality indicator

3.5.13 Enter the URL where the event will be hosted i.e. the URL for Discovery Vitality Facebook page

3.5.14 Agree and submit

3.5.15 The results will be verified and you will receive your 300 points

3.6 The cut-off date for submitting a screen shot of your workout to Vitality to be awarded Vitality fitness points is **10:00 on Sunday the 30th of January 2021**.

3.7 By selecting to livestream the online workout on the relevant channel you accept the terms and conditions governing your participation in workouts, and indemnify Discovery Vitality, its holding company, subsidiaries, any of its affiliated and/or constituent bodies, and directorates and or/or any representative, employee, servant or agent of the a foregoing bodies or persons against any claim whatsoever and howsoever arising which may be made against them or any of them by any person and/or against any liability which may be incurred by you and/or any damage arising directly or indirectly out of any act or omission of any nature whatsoever, whether negligent or otherwise (including gross negligence), on our part.

4 By engaging in online workouts, you warrant that you have read, understood and agree to be bound by these terms and conditions, as well as the Vitality Main Rules as they may be amended, updated or revised from time to time. Any transgressions of the rules of the Vitality Online workout programme and / or misuse of the programme by you shall be subject to the conditions as set out in the Vitality Main Rules or the Main Rules governing ancillary programmes, whichever is applicable to you.

5 Discovery Vitality encourages honest and accurate logging of workout sessions and will conduct random audits to check the validity of the events that Members log. It is your duty to ensure that your engagement in the programme is free from any fraudulent activity.

6 We process your Personal Information and Personal Information related to online workouts in accordance with our Privacy Statement. By engaging in the programme, you agree to be bound by our Privacy Statement as applicable to you in terms of the Main Rules or Ancillary rules.

7 By accepting these terms and conditions when you activate and engage in workout, You consent to Discovery Vitality processing your Personal Information for the purposes of administering the programme. You consent to Discovery Vitality sharing and procuring your Personal Information with and from contracted third parties, only insofar as it relates to the administration of the programme, who may require such information in order to render a service to You and only if such contracted third party agrees to keep the information confidential; you consent to Us receiving and sharing your data with and from the participating partner network, which includes the approved fitness partners associated with Discovery Vitality, in order to validate and process such personal and activity information required for the awarding of points.

8 Data costs may apply as a result of engagement in the programme. Discovery Vitality shall not be liable for any data costs that may associated with your engagement in the programme as well as your internet connection, this remains the responsibility of the Member.

9 The following will apply to member's engagement in online workout programme:

9.1. The Vitality main rules apply at all times;

9.2. The exercises and advice presented in the programme are in no way intended as a substitute for medical consultation. All activities done in conjunction with or as a result of this video are done voluntarily and solely at your own risk. Discovery Vitality shall not be liable for any injuries, damages or health problems that may arise as a result of any information, products or services obtained from this video including, without limitation, workouts, training programmes or information.

9.3. All content provided through Vitality, including all text, communication, photographs, images, illustrations, graphics, audio, video and audio-video clips, and other materials, whether provided by us or by other users or third parties is not intended to be and should not be used in place of (a) the advice of your physician or other medical professionals, (b) a visit, call or consultation with your physician or other medical professionals, or (c) information contained on or in any product packaging or label. Should you have any health-related questions, please call or see your physician or other healthcare provider promptly. Should you have an emergency, call your physician immediately. You should never disregard medical advice or delay in seeking medical advice because of any content presented on the Discovery Platforms and you should not use the Discovery Platforms or any content on the Discovery Platforms for diagnosing or treating a health problem. The transmission and receipt of any content, in whole or in part, or communication via the internet, e-mail or other means does not constitute or create a doctor-patient, therapist-patient or other healthcare professional relationship.

9.4. You expressly agree that we do not assume responsibility for the inspection, supervision, preparation, or conduct of any contest, athletic activity or event that involves a Vitality benefit.

9.5. You expressly agree to release Discovery Vitality and Discovery (the "released parties") from any and all liability connected and understand that under no circumstances will Discovery Vitality and/or Discovery be liable for any injury or damages, including consequential or indirect damages or for any delictual liability of any nature whatsoever suffered by you as a consequence of your participation in the programme which is inclusive, but not limited to your physical activities. You also agree that in no event shall the released parties be liable to you or any third party for any direct, indirect, punitive, incidental, special or consequential damages arising out of or in any way connected with (a) your use or misuse of Vitality, (b) your use or misuse of equipment or programs created or licensed by us while engaged in activities, (c) your dealings with third party service providers or advertisers available through Vitality, (d) any delay or inability to use benefits on Vitality experienced by you, (e) any information, software, products, services or content obtained through Vitality, whether based on contract, strict liability or otherwise, even if we have been advised of the possibility of damages.

Discovery Vitality (Pty) Ltd. Registration number: 1999/007736/07. Terms, conditions and limits apply.