

## **JEFF Step into Spring Workout Challenge powered by Discovery Vitality - Competition**

1. The promoters of the competition are Discovery Vitality (Pty) Ltd (“Discovery Vitality”) and JEFF.
2. This competition will take place on 11 September 2021 from 08:00 to 08:45. Participants may submit proof of the workout on the Vitality Race Events page between 11 September 2021 08:00 and 13 September 2021, 23:59.
3. Any activities/entries made before or after this date will not be considered.
4. The competition is open to all Discovery Vitality members 18 and over.
5. To be eligible, participants must submit their “JEFF Step into Spring” workout on the Vitality Race Events page.
  - 5.1. Points awarded from participating in the workout sessions will reflect within 7 working days from date of submission.
6. 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:
  - 6.1. Log into the Discovery website
  - 6.2. Select Vitality
  - 6.3. Select “Gym, devices and fitness”
  - 6.4.. Under “Vitality Race events”, select “Claim points for Vitality race events”
  - 6.5. Under “Manually submit your race results”, capture The following fields:
    - 6.6. Event name - The name of the event (JEFF Step into Spring)
    - 6.7. Event date
    - 6.8. Race type - The event name will appear on the drop down menu and should be selected
    - 6.9. Race number - ID number or passport number
    - 6.10 Distance - The event name will appear on the drop down menu and should be selected
    - 6.11. 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
    - 6.12. Upload a screengrab of you being logged in to the workout
    - 6.13. Enter the URL where the event will be hosted i.e. the URL for Zoom or the Discovery Vitality Facebook page
    - 6.14. Agree and submit
    - 6.15. The results will be verified and you will receive your 300 points
7. By selecting “JEFF Step into Spring”, as the event name on the Vitality Race Events portal, members will be entered into the event in order to be eligible for 300 Vitality points.

By selecting “JEFF Step into Spring + Competition” as the event name on the Vitality Race Events portal, members will be entered into the event in order to be eligible for 300 Vitality fitness points **and** opt-in for the competition to win 1 (one) 2 months free 1-on-1 coaching programme.

9. Members are only allowed to enter the competition once.
10. After the closing date, the winner will be selected through a random draw. The draw will take place by 17 September 2021 and the winner will be contacted by 22 September 2021.
11. Discovery Vitality will attempt to contact the winner by either telephone, email or both. Should the prize not be claimed within two months the winner will forfeit his/her prize and a new winner will be selected.
12. The promoters retain full discretion to choose the winners. The decision is final and cannot be contested.
13. With their written consent, the winner may be requested to appear and be identified on social media at no fee to them. The prize winner may decline the option of appearing or being mentioned and will not forfeit the prize should they elect to do so.

14. Prizes cannot be exchanged for cash and/or transferred.
15. Any violation or attempt to violate any of the rules will result in immediate disqualification of the transgressor.
16. The promoters will not be held responsible for any misrepresentation caused due to an unintentional copy error, typing error or omission that may occur on any of our promotional material and communications.
17. The promoter/s reserve the right to revise, alter or terminate the competition at its discretion. In the event of such alteration or termination, all participants shall waive any rights which they may have against the promoter/s, their affiliates or associated companies and acknowledge that they will have no recourse or claim of any nature against the promoters or any entity of the Discovery Group of Companies. Prior notice will be given to the participants in the event of such alteration or termination.
18. If required as a result of legislation or other legal reasons, the promoters reserve the right to terminate this competition immediately. In the event of such termination, all participants agree to waive any rights that they may have in terms of this offer and acknowledge that they will have no recourse against the promoters or their agents.
19. The promoters do not take any responsibility and shall not be held liable for any loss, injury or damage of any nature caused as a result of the participants' use of the abovementioned prize.
20. Directors, partners, employees, agents of, consultants or any other similarly connected individuals of Discovery Vitality and the Discovery Group of companies are not eligible to enter this competition.
21. By entering this competition, you agree to the terms and conditions set out this document.
22. Participants can obtain a copy of the Vitality Main Rules [here](#).
23. Participants can obtain a copy of the JEFF Online Workout T&Cs [here](#).