

Contest rules:

1. Entries consist of 3 parts:
 - I. A photo showing a parent and child taking a break with each other.
 - II. Story consisting of 150 words or less outlining the way that a parent and child are taking a break that will help the child make healthy choices.
 - III. Name, phone number and address of the person entering.
2. Entries consisting of the above will be accepted by email, to takeabreakcontest@shaw.ca , or by hardcopy mailed or dropped off at:

Take a Break Contest
Thunder Bay District Health Unit
999 Balmoral St
Thunder Bay, ON P7B 6E7
3. The contest is open to parents or family members who have the legal right to distribute photographs of the child (ren) who are in the photo. The parent or guardian of the child in the photo must be the person submitting the photo You must be the sole author and owner of the copyright in all photos entered.
4. Contestants must reside in the District served by the Thunder Bay District Health Unit. Identification must be produced on request.
5. Employees of Thunder Bay District Health Unit, the employees' immediate family members and persons with whom such employees live cannot enter.
6. By entering, contestants give their permission for their entry to be used in promotional material for the 2006-2007 "Take a Break with Your Kid" campaign by the Thunder Bay District Health Unit.
7. Entries may be color or black and white digital or print images. Electronic ntries must be sent in JPEG format only. Images should be no larger than 800 by 600 pixels at 72 dpi. and no smaller than 640 by 480 pixels at 72 dpi. Eligible photos should be no more than 3 years old. Please keep your file sizes down to no more than 800 - 900 kb per image (compressed size). Hard copy prints will not be returned.
8. Six Campaign based winners will be selected. Selection will take place for entries received during April, May, June and then again in September (including those received in the summer), November and December.
9. Prizes will consist of a \$100 grocery gift certificate. Winners will be featured in the Health Unit school newsletter, the TBDHU.com website and other publicity as determined by the Health Unit.

10. Potential winners will be notified by the phone &/or the contact provided in the entry. Winners have 30 days to claim their prize. The Health Unit reserves the right to award the prize to the next selection if the prize is not claimed within 30 days.
11. The prize is not redeemable in cash and must be accepted as awarded.
12. Enter as many times as you wish. However Each entry must have both a unique photo and story. One prize per contestant. There will be no repeat winners.
13. By claiming the prize, the winner authorizes the use, without additional compensation of his or her name and/or likeness and/or voice/photograph and municipality of residence for promotion and/or advertising purposes in any manner and in any medium (including without limitation, radio broadcasts, newspapers and other publications and in television or film releases, slides, videotape, distribution over the internet and picture date storage) which Thunder Bay District Health Unit may deem appropriate.
14. In accepting the prize, the winner, and any picture subject(s), acknowledges that Thunder Bay District Health Unit. may not be held liable for any loss, damages or injury associated with accepting or using this prize(s).
15. Decisions of the contest judges are final.
16. The Thunder Bay District Health Unit is not responsible or liable for entries that are lost, misdirected, delayed, destroyed or lost in delivery. There is also no responsibility or liability for any potential entrant's inability to access the email or website for contest entry.