

SPECIFIC GUIDELINES PACK



Legal notice

This document acts as a guide to the specific considerations and undertakings for your potential record attempt and is to be used in conjunction with the **Guide to Your Evidence**, which outlines the evidence we require to verify the success of your record attempt. These guidelines should be read and understood by all concerned with the record attempt prior to the attempt – this includes every participant, organiser and witness.

These guidelines are specific to your record attempt and **must** be followed. Should any part of these guidelines be contravened, your record attempt will be disqualified, without any right of appeal.

Additionally, these guidelines in no way provide any kind of safety advice and cannot be construed as providing any comfort that the record attempt is free from risk.

Guinness World Records ("GWR") accepts no responsibility for the safety of participants or bystanders in any record attempt. It is your sole responsibility to ensure that (a) all necessary safety precautions are in place and that all equipment used is suitable and thoroughly checked prior to the record attempt taking place and (b) you are in compliance with all applicable health and safety laws and regulations.

If you are attempting a record online using a non-GWR website, GWR is not responsible for the content of that platform or anything that may happen, including technical issues, during your attempt.

If you are organising a record attempt in association with an alcoholic brand you must

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seek explicit written permission in advance from GWR, otherwise your record may not be approved. Please send your requests to GWR using the Correspondence section in your online application.

If you are organising an online record attempt which may involve the consumption of alcohol, the following additional requirements must be met:

- The platform where the record attempt is to take place must include a responsible drinking message.
- Age restriction, targeting or affirmation technologies should be used, where available, to restrict access to users of legal purchase age or over.
- The record attempt must not be advertised in a manner which appeals to minors, encourages irresponsible drinking or offensive behaviour, or challenges participants to consume an alcoholic beverage.

The above guidance does not constitute legal advice and does not extinguish or dilute your contractual obligations to GWR.

If upon reviewing your evidence it becomes clear that any one of the above measures has not been adhered to, GWR reserves the right to disqualify the record attempt.

Finally, the provision of these guidelines in no way constitutes GWR's consent for you to undertake a record attempt. Any record attempt will only be considered to be authorised by us where you have signed our standard agreement in relation to record attempts.

- This record is for the most push ups to be correctly performed in one hour.

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- This record is to be attempted by a female individual.
- This record is measured by the number of repetitions performed.
- The outline below comprises one press-up. This basic principle applies to all Guinness World Records push up categories with minor qualifications. The body must remain straight throughout, i.e. no bending at the knees or waist. The body must be lowered until at least a 90-degree angle is attained at the elbow. The body is then raised until the arms are straight although they do not need to be locked at the elbow.

Most push ups in one hour (female)

1. The palms of both hands must touch the floor throughout whilst performing push ups.
2. When resting between sets the hands can be lifted from the floor.
3. If the specialist witnesses disallow one or more push-ups, they must be deducted from the total. Any deductions made must be detailed in their witness statement and the log book.
4. Slow-motion video footage of the attempt must be made available.

'Most times to perform a physical exercise in one hour' records

Please make sure you follow ALL these rules:

- a. No person under the age of 16 may attempt this record.
- b. Persons aged between 16 and 18 must provide a document signed by their parent or legal guardian, giving them permission to participate.
- c. The attempt must take place in a public place or in a venue open to public inspection.

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- c. The attempt must take place in a public place or in a venue open to public inspection.
- d. The event is continuous, participants may take a pause or break during the attempt but the clock will not stop under any circumstance. One hour means a complete 60 minute cycle. For example, if the event starts at 10 am it must finish at 11 am.
- e. A loud start and finish signal recognized by all participants must be used.
- f. A visual count of the successful repetitions must be kept which is visible to everyone present at the attempt, this must clearly display the number of repetitions counted by the witnesses. The visual count must be shown alongside the attempt in the video footage.
- g. A log book must be kept showing an overall running total, it must also show the number of repetitions completed in each set. A set is a continuous range of repetitions completed, for the purposes of the record a set can be made up of any number of repetitions. A break in repetitions signals the end of a set.
- h. In the log book the start of each set must have the time logged to allow cross-checking against the video footage and the visual count.
- i. The attempt must be overseen at all times by two independent witnesses one of which must be a specialist with expertise in physical fitness e.g. a strength and conditioning coach or a personal trainer.
- j. Video footage **MUST** show the claimant's attempt from BOTH a side and front on angle, therefore two cameras must film the duration of the attempt.
- k. If the record attempt involves carrying a weighted pack a rucksack must be carried, filled with whatever is necessary to bring the weight up to the specified load. The pack must be weighed in the presence of the witnesses and filmed on the same unedited video as the attempt. The pack must be weighed before and after the attempt, if the weight falls below the specified weight after the attempt has been completed then it will not be considered valid.

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Please make sure you supply the following evidence:

- One cover letter explaining the context of the record attempt. Please indicate date, time and exact location of the record attempt, your chosen witnesses and your record attempt measurement. Also please provide full details of the person attempting the record including details on age, nationality, background and preparation for the attempt.
- One Independent witness statement and one specialist independent witness statement confirming the record results. The witness statements are statements of authentication from independent individuals who confirm that our guidelines have been adhered to. The witnesses must list the points that they have verified during the attempt. The specialist witness must have expertise in physical fitness such as strength and conditioning coaching or personal training, details of their expertise must be supplied with their statement.
- A log book must be provided which must be completed by the witnesses detailing the number of correctly performed repetitions.
- Photographic evidence of your attempt taking place capturing the details provided by the independent witnesses.
- Video evidence of the entire record attempt, from start to finish that enables us to confirm the measurement achieved, that the guidelines have been adhered to and verify the details provided by the independent witnesses. The camera must be focussed on the attempt at all times and preferably kept static. Slow motion footage of the attempt must also be made available.
- Media articles (newspaper, online, TV or radio) should be submitted as part of the

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evidence requirements. This is not compulsory evidence.

Please read the Guide to Your Evidence document, where you will find further information about the evidence requirements and evidence templates. It is paramount this document is read before you submit your evidence.

Evidence Checklist

- Cover letter
- Witness statement 1
- Specialist witness statement 1
- Proof of qualifications
- Log book
- Photographic evidence
- Video evidence
- Media articles