

Aprons in Action Presented by Manulife

Contest Rules and Regulations for the July Registration Promotion (“Rules”)

The **July Registration Promotion** (the “**Contest**”) is one of the contests being run by Canadian Diabetes Association (operating as Diabetes Canada) (“**Diabetes Canada**”) as part of its 2026 Aprons in Action Cooking Challenge (the “**Aprons in Action Challenge**”), presented by Manulife.

1. APPLICATION OF RULES

To be eligible to participate in this Contest, individuals must meet the eligibility criteria set forth in Part 3 of these Rules, which include being registered to participate in the Aprons in Action Challenge. Fundraising for, and participation in, the Aprons in Action Challenge is subject to the Event Terms & Waiver available online at: www.apronsinaction.ca (the “**Apron in Action Terms**”). The Aprons in Action Terms apply – together with these Rules – to this Contest. If there is any inconsistency between a term or condition of: (A) these Rules; and (B) the Apron in Action Terms, the applicable term or condition of these Rules will apply.

2. CONTEST PERIOD

This Contest will run from **9:00 a.m. (Toronto time) on July 9, 2026 to 11:59 (Toronto time) on July 31, 2026** (the “**Contest Period**”), unless suspended or cancelled earlier. Without limiting its other remedies available under these Rules and the Apron in Actions Terms, Diabetes Canada may, in its sole discretion: (A) amend these Rules; or (B) suspend or cancel this Contest at any time and without prior notice.

3. ELIGIBILITY AND ENTRY

To be eligible to enter this Contest, an individual must:

- Register for Aprons in Action presented by Manulife within the contest period and have created a personalized fundraising page (“**Participant Fundraising Page**”) as part of the registration process;
- have met all the eligibility requirements described in the Apron in Action Terms;
- not be an employee of Diabetes Canada;*

Each individual who enters this Contest www.apronsinaction.ca is referred to below as an “Entrant”.

*As stated in the Apron in Actions Terms, employees of Diabetes Canada are eligible to create Participant Fundraising Pages but are ineligible to win any prizes or rewards offered as part of or in connection with the Aprons in Action Challenge, including as part of this Contest.

4. NUMBER OF ENTRIES AND CHANCES OF WINNING

There is a limit of one (1) entry per person. Odds of winning the prize offered in connection with this Contest depend on number of the number of Entrants.

5. PRIZE

A prize consisting of **one (1) Ninja® CREAMi® 7-in-1 Ice Cream Maker and 2 Extra Pints Bundle.®** will be awarded as part of this Contest. Diabetes Canada reserves the right to substitute an alternate prize of equal or greater value if the advertised prize is unavailable at the time of award. The prize is awarded “as is” with no warranty or guarantee, either express or implied, cannot be exchanged for cash or other substitutes, and is non-transferable.

The winner of the prize will be subject to any terms and conditions for use of the Prize as dictated by the Prize supplier. Diabetes Canada is not responsible for any costs associated with use of the prize.

6. WINNER

The winner of this Contest will be selected as follows: On August 4, 2026, the names of all Entrants will be entered into a draw, and one (1) name will be randomly selected (the “**Selected Entrant**”). Diabetes Canada anticipates that the Selected Entrant will be notified within two (2) business days of the draw date. For a Selected Entrant to be declared a winner, the following conditions must be met:

- the Selected Entrant must: (A) acknowledge receipt of any email or telephone call from Diabetes Canada notifying them that they are the Selected Entrant; (B) correctly answer (unaided) a time-limited mathematical skill-testing question; (C) agree to accept the Prize, and (D) complete, sign, and return the release and waiver provided to them by Diabetes Canada, **within three (3) days / seventy-two (72) hours** of first being notified of their selection by Diabetes Canada; and
- the Selected Entrant must be verified by Diabetes Canada, in its sole discretion, as meeting all eligibility criteria.

If Diabetes Canada:

- is unable to get in touch with the Selected Entrant through the contact information supplied by that Entrant while creating their Participant Fundraising Page; and/or
- determines, in its sole discretion, that the Selected Entrant does not meet the eligibility criteria for this Contest or has not satisfied any of the conditions set out in this Part 6, then the Selected Entrant will be disqualified from this Contest, and Diabetes Canada will follow the same process (commencing with a randomized draw) to select a new Selected Entrant. Diabetes Canada will follow the same process until the prize is awarded. Only the Selected Entrant(s) will be contacted directly by Diabetes Canada to advise them of the results of this Contest.

7. APPLICATION OF APRONS IN ACTIONS TERMS

As noted above in these Rules, the Aprons in Action Terms apply to all Entrants and this Contest, including, for example (*and in each case, without limiting any other provision of the Aprons in Action Terms or their applicability to this Contest*):

- the provisions of the Aprons in Action Terms under the heading “Acknowledgement and Assumption of Risks by Participant, Representations, Warranties and Covenants of Participant, Indemnification and Release by Participant” (the “**Indemnity and Release Section**”). For certainty, this Contest shall be deemed to be one of the “Activities” and part of the “Event” for the purposes of the foregoing sections of the Aprons in Action Terms; and
- the provisions of the Aprons in Action Terms under the headings “Code of Conduct”, “Personal Information”, “Changes to Event at Sole Discretion of Diabetes Canada”, “Publication and Advertising” and “Other”. For certainty, this Contest shall be deemed to be included in the definition of “Event” for the purposes of the foregoing sections of the Aprons in Action Terms.

8. GENERAL

To the extent permitted by applicable law, Diabetes Canada reserves the right, in its sole discretion, to amend or modify these Rules, and to cancel, terminate, modify, amend, extend, or suspend this Contest. The decisions of Diabetes Canada are final and binding in all matters relating to this Contest.

This Contest is in no way sponsored, endorsed, or administered by, or associated with, Facebook, Instagram, X (Twitter), or any other social media platform.

If any provision of these Rules is declared by a court of competent jurisdiction to be invalid or unenforceable, such provision shall be struck to the extent invalid or unenforceable and the remaining provisions shall remain in effect, unamended.