

## The Bicycle Moaning Collective: Rider Acknowledgment

### Acknowledgement of Risk & Insurance Requirements

I understand that cycling on the road involves risks from other riders and other road users, the weather and the road surface. As with any physical activity, the risk of injury is always present and cannot be entirely eliminated.

I confirm that I am aware that during the Tour that I will be cycling on open, public roads. This carries with it, especially in mountainous areas, the risk of personal injury or even death. I confirm that by signing this Acknowledgement that I am aware of and accept this risk, and that I take responsibility for my involvement and actions during the Tour.

During the Tour I will listen and adhere to the instructions of the Tour Director and the Road Captains if I experience any pain or discomfort during the Tour such that I am concerned at my ability to complete the Tour, I will inform the Tour Director and/or Tour Captains. Similarly, if the Tour Director believes that it is detrimental to Yourself or the group for You to continue, I acknowledge that they can instruct me to cease riding.

I confirm that I am aware that the Tour includes strenuous activity, and that I am sufficiently fit to undertake this tour and are not suffering from any health problems which may preclude from, or be aggravated by, such activity. The Bicycle Moaning Collective strongly recommends that advice be sought from a qualified medical practitioner if You have any doubts or concerns about Your health or fitness.

I confirm that I have or will inform the Tour Director of any medical conditions present now or as they arise that may limit my ability to complete the Tour. If I have any doubts as to my medical condition and my ability to cycle, I will seek advice from my doctor before the Tour.

I confirm that I have read the advice provided, have participated in training Tours, have the necessary personal travel insurance and that my bicycle is in good order before commencing the Tour. I acknowledge that the Bicycle Moaning Collective has advised that I take out adequate insurance cover.

If I have any questions or concerns during the Tour I will ask for help and support from the Tour Director.

Name:

Signed:

Date:

