



Emergency Information and Disclaimer Form

(For participating in guided rides and skills sessions with Sublime Rides).

1. Rider's Details

First Name:	Surname:
Gender: <input type="checkbox"/> Female <input type="checkbox"/> Male	Date of Birth:
Age:	
Address:	Postcode:
Home Tel:	Mobile:
Email (please write clearly): <input type="checkbox"/> Please tick if you DO NOT want Sublime Rides to contact you with occasional news letters or promotions.	
Cycling Club: (if applicable)	

2. Emergency Contact Details

First Name:	Surname:
Relationship to Rider:	Home Tel:
Work Tel:	Mobile:

3. Medical and Specific Needs

Please give details of **any and all** medical or health conditions that might affect your participation in cycling and what support/modifications are needed

Please list **any and all** medications you take on a regular basis

P.T.O. Continues Overleaf

Please give details of **any and all** specific needs that the leader should be aware of, and what support/modifications are needed

4. Consent for Participating in Guided Rides and Skills Sessions.

Important Information – Please Read.

- You are giving your consent to participate in a guided ride with skills sessions. Skills sessions will be conducted in a traffic-free environment (e.g. not on the public highway) but a significant section of the ride may require use of the public highway. In these instances the riders will not be part of a skills session. No skills sessions will be conducted on the public highway. Please note that on a guided ride a significant section of the ride is likely to require use of the public highway.
- When travelling on the Public Highway or other Public Right of Way you must take due regard for the safety of yourself, other participants and other Right of Way users, and you must obey the highway code at all times. On Public Rights of Way you must slow down and give way to walkers and horse riders.
- It is part of the British Cycling Code of Conduct to ensure that reasonable steps are taken to establish a safe environment where riders can enjoy developing their cycling skills. Any riders who persistently ignore instruction or put others in danger will be asked to leave the session or ride, you will not be allowed to attend in future and no refund will be given.
- It is your responsibility to ensure that your bike is in a safe condition to ride. All riders must wear a cycling helmet and full finger gloves at all times whilst riding.
- Whilst every reasonable effort will be made to accommodate all levels of rider, riders who are consistently unable to meet the minimum skills levels for the course may be asked to return on an alternative date/course or receive a refund, rather than jeopardise the rest of the groups safety.

Consent

I hereby certify that I have read and understood the information on this form and the following notes, and consent to taking part in guided rides and/or skills sessions. I understand and agree that I am participating in guided rides and/or skills sessions under the instruction of Sublime Rides Mountain Bike Leaders entirely at my own risk. I have considered the nature of such guided rides and sessions and I am satisfied that I am sufficiently responsible and competent to assume full and entire responsibility for my own safety under the supervision of a Sublime Rides Mountain Bike Leader.

Further to this, I hereby acknowledge that Mountain Biking is by its very nature a potentially hazardous sport and in the unfortunate event of an accident or injury agree not to hold Sublime Rides or it's representatives responsible.

Please ensure you make a note of any medical conditions you have in Section 3 of this form, to enable the leader to plan/behave accordingly. If you have any concerns about your own fitness, please consult your GP before participating in any form of physical activity (including guided mountain bike rides and skills sessions). Make sure you bring this completed form with you on the day of the course.

Signed:

Date:

This form should be signed by a Parent or Legal Guardian if under the age of 18.