

## Personal information

Your name: \_\_\_\_\_  
Date of birth: \_\_\_\_\_  
Phone number: \_\_\_\_\_  
Email address: \_\_\_\_\_

Tick this box if you wish to receive our monthly email newsletter. We do not pass on your details to anyone else. Full privacy policy is available on our website

## Who should we contact in an emergency?

Name: \_\_\_\_\_  
Relationship to you: \_\_\_\_\_  
Telephone number/s: \_\_\_\_\_

## Your health

This checklist is compiled to assist us in the care and well being of all participants. Please complete this either yourself or with assistance from a parent or guardian if under 16:

1) Please indicate if you suffer any of the following:

Migraine ( ) Heart condition ( ) Travel sickness ( )  
Asthma ( ) Diabetes ( ) Chronic bleeding ( )  
Epilepsy ( ) Other: \_\_\_\_\_

2) Please give FULL details of any major injuries (breaks, strains, etc) or illnesses (glandular fever etc.) that have been suffered in the last year:

3) Are you presently taking medication? If you are, please give FULL details below: and make sure you bring it with you on the day:

4) Please specify any allergies you have and the level of seriousness (e.g. mild, life threatening, etc.)

Drugs: \_\_\_\_\_

Foods: \_\_\_\_\_

Insects/stings/other \_\_\_\_\_

## Your safety (a summary of our main terms)

You are responsible for your own safety. Cycling involves personal risk and you must ride responsibly. We will rely on you to let us know your ability and we will structure the session accordingly. However, it is your responsibility to assess if you can safely attempt a technique or skill, or if a trail or feature is within your skill level. If you are in any doubt, we strongly recommend that you do not attempt it. If you are concerned that the trails and or techniques are beyond you, you must tell us and, where possible, we will re-structure the session. It is up to you to make this judgement.

You must wear a suitable cycle helmet at all times during the session and you must not cycle when intoxicated or under the influence of medication. You are also advised not to cycle when fatigued.

We will give you a safety briefing at the beginning of the session. Please listen carefully to this briefing and tell us if there is anything you do not understand or you are not entirely comfortable with.

Furthermore, the areas we use are open to the public, as well as to the elements. This means that there are many uncontrollable factors that may impact upon individuals, and each rider is responsible for their own safety and security at all times, and for their own judgements about how to ride their bike, or whether to ride their bike, in the prevailing conditions.

By signing below, I agree that I have read the above and I understand the risks involved and that I have read and accept our full terms and conditions.

Signed: \_\_\_\_\_ Date \_\_\_\_\_  
(if under 16 this must be by a parent or guardian)