



Risk Assessment/Waiver of Liability

Cycling can be a dangerous sport.

In consideration of accepting my participation in the trip and adventure which may involve significant risk of physical harm, I agree to this release of claims, waiver of liability and assumption on risk. I am aware that biking is a recreational activity which may involve, in addition to usual and inherent risk, danger to myself, the possibility of injury and harm and physical exertion for which I may not be prepared, remoteness to normal medical service, weather extremes subject to sudden and unexpected change and evacuation difficulties if I am disabled.

I accept all of the inherent and obvious risks and understand that biking is a dangerous recreational activity and the possibility of personal injury, death, property damage or loss resulting there from.

I acknowledge that the enjoyment and excitement of biking is derived in part from the inherent risks incurred by the activity beyond the accepted safety of life at home or work and that these inherent risks contribute to such enjoyment and excitement being a reason for my participation. I hereby release and forever discharge from all liability and agree not to sue Lifecycles Travel and its employees, volunteers, agents, contractors, public bodies, landholders and sponsors from any all claims, suits, demands, expenses, costs, damages or proceedings of any nature whatsoever arising from any personal injury, death, property damage or loss sustained by me as a result of my participation in the ride.

I hereby indemnify and hold harmless Lifecycles Travel and its employees, volunteers, agents, contractors, public bodies, landholders and sponsors from and against all claims, suits, demands, expenses, costs, actions and proceedings of any nature whatsoever arising from any injury, loss or damage suffered by any other person as a result of any act, omission, neglect or default of my part in connection with my participation in the ride.

I acknowledge that I have a level of fitness that allows me to participate in the entire ride.

I agree to wear an approved cycling helmet whilst riding a bike at all times during the tour/race. I hereby agree to allow my name, results, photographs, video, multimedia or film likeness to be used for a legitimate purpose by Lifecycles Travel.

I acknowledge that I am responsible for my own bike when riding. I acknowledge that when I ride on any roads during the rides/race, I will abide by local road rules, including stopping at all traffic lights and ride in single file. I accept that vehicles are a part of riding on roads and I will not listen to portable devices through the use of earphones.

I have carefully read this waiver and agree to abide by these conditions over the entire trip and adventure. I agree to obey all directions and decisions from the tour leader, employees, agents and contractors for the entirety of the tour. I confirm that I am of legal consent (that is 18 years or older) and that I have read and understood this Risk Assessment and Waiver of Liability Agreement prior to signing it and agree that this agreement will be binding up my heirs, next of kin, executors, administrators and successors. All participants must agree as having read and understood this declaration and the terms and conditions as part of the registration process.

Signature _____ **Name (Print)** _____

Email _____ **Phone number** _____

Do you have any specific medical issues or allergies must be listed below e.g. Asthma, Anaphylaxis etc

Date _____

For children (please print)

To be completed only if under 18 years of age by a parent/guardian:

I, _____ parent/guardian of the above participant(s) consent to my son(s)/daughter(s) participating in the tour organised by Lifecycles Travel and confirm that I have read and understood this agreement prior to signing it.

Name of parent guardian (please print) _____

Signature of parent/guardian _____

Date _____