

HEALTH AND SAFETY DECLARATION

To the Convener of the Crouch End and District u3a Cycling for Fun and Fitness Group:

I am an experienced cyclist, can confidently cycle up to 15 miles at a pace of about 7.5 miles per hour.

I do not have any injuries or health conditions that will prevent me from completing the cycle rides. If I suffer an injury or become unwell during a ride, I will report it immediately to the ride leader, and agree with them how to address the situation.

My bicycle is in good working order. I will check it before all rides and bring tools and appropriate inner tubes, in case of punctures. If I have a problem with my bicycle during a ride, I will immediately report it to the ride leader, and will agree with them how to address the situation.

I am familiar with the Highway Code and rules for cyclists and have experience of cycling on roads with traffic and other road users.

I understand the appropriate clothing and footwear that is required for cycling. I understand, and will take responsibility to ensure that, I have sufficient water and snacks with me on rides.

I will update my U3A record with emergency contact details or provide the ride leader with emergency contact details in advance of any cycle ride.

I consider that I can take part in this activity without adverse risk to myself or others. I have read the Group's General Risk Assessment For Group Cycle Rides and the Essential Information for Group Participants, and agree to adhere to the measures described.

Your name:

Signature:

Date: