Peak Bike Guides Ltd – Pre Ride Check Form & Disclaimer

Name / Assessor: Barry Smethurst

Contact No: 07599320464

Activity / exercise: **Mountain Biking**

Instructor to Student Ratio: **1:10 Max**

Document reference: **PBG-PRC-2018-001**

Section 1 - Group Details

First Name	Last Name	Age (D.O.B)	Adult Supervisor (U16)	Emergency Contact No.	Health Conditions?	Injuries?	Medication?	Date	Signature

Section 2 - Pre Ride Checks

First Name	Last Name	Bike Condition	Clothing (Weather)	Safety Equipment (Helmet, Pads, Gloves, Glasses)	Hydration (Fluid)	Food/Snack	Ride safety (Road, Pedestrians)	Date	Signature

Section 3 - Disclaimer

By signing the above forms you accept the following important information – Please Read!!!

You are giving your consent to participate in a Guided ride or Coaching ride session. Coaching 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 subject to any form of a Coaching. No Coaching 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 Code of Conduct to ensure that reasonable steps are taken to establish a safe environment where riders can enjoy developing their cycling skills and knowledge. 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 and equipment are in a safe condition to ride. All riders must wear a cycling helmet, appropriate clothing and full finger gloves at all times whilst riding. Knee Pads and Glasses are also strongly recommended. All equipment must be in good working order.

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 and enjoyment.

Consent (Consent must is free and voluntary, i.e. not brought about by duress).

I hereby certify that I have read and understood the information on this for, the Risk Assessment provided (PBG-PRC-2018-001) 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 Peak Bike Guides Rides 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 Peak Bike Guides Bike Coach/Leader.

Further to this, I hereby acknowledge that Mountain Biking is by its very nature a potentially hazardous sport and I am fully aware of all the risks involved, including both the nature and the extent of the risk. In the unfortunate event of an accident or injury I agree not to hold Peak Bike Guides or it’s representatives responsible.

Please ensure you make a note of any medical conditions you have in Section 1 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.

Thank you and have a great day!

The Peak Bike Guides Team!

Helping you to Reach your Peaks!