

# Pedal Power ACT Inc. – recreational cycling ride sign-on sheet [Version 4 - March 2012]

Date: \_\_\_\_\_ Ride Name: \_\_\_\_\_ Ride Leader: \_\_\_\_\_

Release: Cycling can be a **hazardous activity**, particularly in traffic or among pedestrians. Participants **accept they are at risk and may suffer or cause injury or property loss or damage**. They must **take care** to avoid injury or damage to themselves and others. An **adult must accompany participants under 18 years old** throughout the ride. The participant confirms that they and any children in their care have sufficient **competence and experience** to participate safely in the ride. It is a condition of participating in any Pedal Power ride that each adult participant **waive to the extent permitted by law, any claim, right or cause of action** which they personally, and each child in their care, and the heirs, executors and administrators of the adult participant and each child in their care may have in contract and civil wrongs law, arising from any personal injury, damage or loss arising out of the ride. **This release from liability operates in contract law** in favour of Pedal Power ACT Incorporated, and all officers, members, volunteers and employees of Pedal Power and all sponsors of the ride or event and operates whether the damage is due to any act or neglect of any of them. All riders must **wear a helmet** or show the ride leader a current medical exemption for a helmet. Pedal Power rides **obey all road rules** and riders in the group are expected to comply. Participants are to be totally **self sufficient** and provide their own water, food, tools, pump, spares, puncture repair kits, first aid materials and whatever else they desire as rides are unsupported unless explicitly stated otherwise.

No	Name	Mobile phone No	Emergency contact phone No.	Signature	Read & accept release above	Pedal Power Member
1					Yes/No	Yes/No
2					Yes/No	Yes/No
3					Yes/No	Yes/No
4					Yes/No	Yes/No
5					Yes/No	Yes/No
6					Yes/No	Yes/No
7					Yes/No	Yes/No
8					Yes/No	Yes/No
9					Yes/No	Yes/No
10					Yes/No	Yes/No
11					Yes/No	Yes/No
12					Yes/No	Yes/No
13					Yes/No	Yes/No
14					Yes/No	Yes/No
15					Yes/No	Yes/No
16					Yes/No	Yes/No
17					Yes/No	Yes/No

Send completed sheet(s) to Pedal Power office as soon as practical (Griffin Centre, PO Box 581, Canberra ACT 2601)