

# Ride Registration



Edmonton Bicycle & Touring Club

Ride Leader	Ride Distance	Date of Ride

**PLEASE READ THE WAIVER (REVERSE).** By signing this document you agree to any and all provisions

	PRINT Full Name Clearly	Signature	Equipped, skilled & conditioned for this ride?	Current EBTC member?	Phone/Cell Number*	Returned from the ride?
1			<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
2			<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
3			<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
4			<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
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6			<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
7			<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
8			<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
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13			<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
14			<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
15			<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
16			<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
17			<input type="radio"/>	<input type="radio"/>		<input type="radio"/>

\*For safety, if a rider is not marked as 'Returned from the ride', they will be contacted by the Ride Leader.

### **Edmonton Bicycle and Touring Club- Ride Register**

The undersigned hereby confirm that they have read and agree to be bound by the Release Waiver and Assumption of Risk as set out below. The undersigned also confirm that they have read the Edmonton Bicycle and Touring Club Safety and Riding Guidelines (2009), ride safety and operation requirements as outlined below and agree to be bound by, and comply with, all stated guidelines and instructions of the ride leader/ coordinator.

### **Release Waiver and Assumption of Risk**

I hereby acknowledge and agree that in consideration of being permitted to participate in cycling, skiing or other program or activities organized by the Edmonton Bicycle and Touring Club or it's agents (hereinafter called "EBTC"):

1. That I acknowledge that the sport of cycling, skiing or some of the other programs and activities of EBTC are dangerous, exposing participants to many risks and hazards, some of which are inherent in the nature of the sports themselves, and others which results from human error and negligence on the part of persons involved in preparation and organizing cycling and skiing programs, and other activities.

a) that as a result of the aforementioned risks and hazards, I as a participant may suffer serious personal injury, even death, as well as property loss;

b) that some of the aforementioned risks and hazards are foreseeable others are not;

c) that I nevertheless freely and voluntarily assume all the aforesaid risks and hazards and that accordingly my preparation for and participation in the aforementioned cycling, skiing and other programs and activities shall be entirely at my own risk;

d) that I understand that neither EBTC nor any of their members, officers, directors, employees, contractors, or agents assume any responsibility whatsoever for my safety during the course of my preparation for or participation in the aforesaid cycling, skiing or other program of activities.

2. I understand that cycling is an activity that is governed by the terms and conditions of the Motor Vehicle Act and I agree that I will obey the laws and regulations set out in the Act

3. I agree to always wear a safety helmet which meets the current safety standards when cycling in the activities sponsored by EBTC.

4. That I have been given the opportunity and been encouraged to seek independent legal advice prior to signing this agreement;

5. I do hereby release EBTC, their members, officers, directors, employees, contractors, and agents from all liability and do hereby waive as against EBTC, their members, officers, directors, employees, contractors and agents all recourses, proceedings, and causes of action of any kind whatsoever, in respect to all personal injuries or property losses which I may sustain arising out of or connected with my preparation for or participation in the aforesaid cycling, skiing or other programs or activities notwithstanding that such injuries or losses may have been caused solely or partly by the negligence of the EBTC or any of their members, officers, directors, employees, contractors or agents;

6. That this agreement need not be brought to my attention each time I participate in any EBTC event or activity in order for the agreement to be effective;

7. That I have carefully read this RELEASE, WAIVER AND ASSUMPTION OF RISK agreement, that I fully understand the same; and that I am freely and voluntarily executing the same;

8. That this RELEASE, WAIVER AND ASSUMPTION OF RISK agreement is binding on myself, my heirs, my executors, administrators, personal representatives and assigns.

### **Edmonton Bicycle and Touring Club Safety and Riding Guidelines (2009)**

The joy of cycling that we feel is a result of experiencing great rides. "Great rides" are those that we return from with no injury or illness because we are conscious of our own and our cycling peer's safety on the road or trail. The following is the EBTC's top ten list of critical areas to address in order to help in maintaining a safe ride.

1. **Use the Right Equipment**- Ride on a bicycle that you know is in good working condition. In particular, it must be appropriate to the type of ride/terrain and have good brakes, steering, tires and a bell.

2. **Personal Protective Equipment**- All riders must wear a properly fitting CSA, CPSC, ASTM or SNELL approved helmet that is in good condition. Wear clothing appropriate to conditions in order to maintain a reasonable body temperature and protection.

3. **Know Your Physical Capacity**- All riders must operate their bicycles within the limits of their own technical skills and physical condition or capacity.

4. **Respond to Road and Trail Conditions** – Be aware of current conditions including visibility, traction, terrain, traffic and congestion. Ride so that you can accommodate these conditions and still maintain control of your bicycle.

5. **Share the Road/Trail**- Use bells and vocal cues to alert other riders and pedestrians to your presence when passing. Reduce speed in high pedestrian traffic areas. Use standard hand signals on streets and roads to indicate your planned actions.

6. **Look before you Leap** – Double check your path and that of those behind you before making lane changes or abrupt moves on trails. Scan your path ahead in order to be able to respond to any unforeseen hazards. All vehicles carry more mass and velocity than a bicycle and rider and as a result present deadly force in a collision.

7. **Respect the Law**- Bicycles are vehicles and are subject to the same traffic laws as motorized vehicles. These laws include the use of signals, lights at night, and obeying road signals and signs and posted speed limits. Riders on roadways are required to travel in single file no matter the width of the road shoulder.

8. **Manage Your Health on Route** – Dehydration is a potential hazard when out on a ride. Plan for regular intake of fluids to avoid dehydration. As well, be aware of hypothermia which can creep up on you when riding in cooler and particularly higher humidity conditions. Adjust the layers of clothing you wear, and cover up when you stop to avoid inadvertently lowering your body temperature and triggering the onset of hypothermia. Both dehydration and hypothermia reduce your performance and impede judgment, potentially leading to more serious health threats.

9. **Manage Fatigue**- On longer rides fatigue can be a significant factor. It reduces reaction time, affects judgment and causes riders to reduce their field of view, focusing more in the immediate area around their bike. (e.g. staring at the front wheel and not scanning the road/path ahead). Take breaks to rest and reorient yourself for safety.

10. **Communicate**- Communication is a two-way street. Share your concerns and observations with the ride leader. Listen to advice on hazards and avoiding injuries and incidents. Club members are expected to treat each other with respect. Remember that your ride coordinator volunteered their time to set up this event. Your positive mental state will go a long way to having a Great Ride.