

THE HOME



OF CYCLING

Activity Consent Form

It is necessary to obtain your consent to take part in a Quench Cycles cycling activity. If you wish to participate, please complete this form and return it to the person organising your event. If you require any further information, please do not hesitate to contact us.

Notes:

Cycling is considered a hazardous activity, which may result in serious or fatal injury. Helmets are provided and must be worn at all times. To ensure suitability, bikes will be provided. If you particularly wish to use your own bike, it will be subject to a safety check prior to the ride. If deemed unsuitable, for the benefit of the whole group, we may not be able to carry out repairs immediately, however you may hire a bike. It should also be noted that whilst guides carry some spare parts and tools, they are specific to our bikes. If participants are riding their own, guides may not be carrying spare parts specific to your bike. Where a guide effects a repair to a personal bike during a ride, this will be charged at our advertised rates. If a repair can't be made to a personal cycle, we will endeavor to replace their cycle with one of our own, which will be charged for the full duration of the ride.

You will be led on a group ride with a guide within a mostly traffic free environment. Guides are experienced cycle leaders, CRB checked and are mechanically and 'wilderness first aid' trained.

The aim is for the ride to be fun, exciting and challenging for both newcomers and more experienced riders. Whilst guides will endeavour to adapt the ride to the abilities and experience of the group as a whole, it should also be noted that the ride may include riding in a skills area and riding over rough ground on mountain bikes which will include hills.

The ride will require a knowledge and experience of using brakes and gears and is not considered suitable for non-riders.

Participants may be wet and muddy. Please ensure that you are wearing appropriate clothing and footwear and that you bring a change of clothes if required.

Cycling is a physical activity, which you should be fit to undertake. If in doubt, we advise that you should seek medical advice to confirm suitability. Please advise us of any prevailing medical conditions, which may effect your riding ability, and ensure that appropriate medication is provided.

Normal terms and conditions apply. Please contact us if you require a full set of terms and conditions to be sent.



QUENCH CYCLES
Bedgebury Visitor Centre
Bedgebury Road, Goudhurst
Kent TN17 2SJ

Telephone: 01580 879694
Email: bedgebury@quenchuk.co.uk
Web: www.quenchuk.co.uk
Opening Times: Open 7 days a week all year.



Activity Consent

I have read the information and hereby consent to taking part in the event described entirely at my own risk. I have considered the nature of the activity and am aware of the risks involved.

Signed:

Date:

Participants Details

Name of event:

Date of event:

Name of participant:

Date of birth:

Email Address:

Home Tel:

Emergency Contact and Medical Details

Name:

Relationship:

Contact Number:

Medical Conditions / Allergies:

Medication: Please provide on day in sealed bag with name of child clearly labeled and administration instructions if applicable.

If required, I agree to medication / first aid being administered. Yes / No

Signed:

Name: