

# Hell of the North Cotswolds 2018

Promoted & organised by Winchcombe CC \* & Cheltenham & County CC



## PARENTAL CONSENT FORM

Riders name in full .....Date of Birth.....

Parent or Guardian Name in full.....

Address

County

Postcode

I, being the parent or guardian of the above rider

- a) have read the attached Event Notes incorporating British Cycling Regulations and will ensure my son/daughter complies with these.
- b) understand and agree that my son/daughter participates in this event promoted under the British Cycling Guidelines for non competitive cycling entirely at his/her own risk. I have considered and understand the nature of such events and have discussed them with my son/daughter. I am satisfied that my son/daughter is sufficiently responsible and competent to assume full and entire responsibility for his /her own safety whilst engaged in this non-competitive event organised under British Cycling Regulations.
- c) understand that riders over 16 years of age are permitted to participate on the public highway and must therefore assume full and entire responsibility for their own safety in relation to other traffic. I understand and have emphasised to my son/daughter that the function of the marshals in such events is to do no more than indicate the direction the rider should take and that the responsibility for safety whilst negotiating corners, turns and other hazards must rest with the rider alone.
- d) understand and have fully impressed on my son/daughter that all participants in events on the open road must observe the laws of the land relating to road travel.
- e) agree that my son/daughter shall participate in this event without any liability whatsoever on the part of the promoter, promoting club/s, British Cycling, or any club or organisation affiliated thereto or their officials or members in respect of any injury, loss or damage suffered by him/her provided this does not exclude the liability of any such party for death or personal injury arising from that party's negligence.
- f) confirm that my son /daughter does not have any disability or medical condition, physical or mental, which could affect his/her ability to ride safely in this event. I understand that I must notify the organisers at once if my son/daughter becomes subject to a disability or medical condition, physical or mental, which could affect his/her ability to ride safely in this event.
- g) agree that the Organisers may retain data provided for the entry solely for the purpose of administering the event & advising the entrant of future events they may organise.
- h) agree that if during this event my son/daughter receives attention from the Emergency Services or St. John Ambulance, the Organisers may obtain my son/daughters details from them for the purpose of Incident Reporting to British Cycling.
- i) understand that this event entry is not valid until receipt of this form by the Event Administration.

Signed (Parent or Guardian)..... Date.....

*DECLARATION: By signing this I confirm that I am the Parent or guardian of and holding legal responsibilities for the above rider*

Please complete and return to HONC Admin, Kingsmead, Working Lane, Gretton, Glos. GL54 5YU

See EVENT NOTES below.

## **EVENT NOTES (incorporating British Cycling Regulations)**

1. The Ride is an **On & Off Road Endurance Event** aimed at **EXPERIENCED RIDERS. It is NOT a race.**
2. Riders are required to register before the start & to sign off by handing in their Control Card at the finish.
3. There will be a number controls around the course and at the food stop. Riders must ensure that they pick up a coloured wristband at each of these. The wrist bands should be displayed at sign off and the control card must be handed in. Certificates & medals will then be issued.
4. Controls open based on a 25kph average and close based on a 12.5 kph average. This is equivalent to riding the complete 100km route in 4 hours and **not more than** eight hours. Riders arriving at the Guiting Power food stop on the 100Km route who are running late will be directed to the 50Km route to return to Winchcombe.
5. The wearing of a hard shell helmet conforming to CE Standards EN1078 is mandatory for all riders at all times whilst on the course. Riders must affix the self-adhesive identifying number issued at registration to the front of their helmets.
6. It is the responsibility of each rider to follow the course on the route map that will be provided at registration. The route will also be identified by distinctive yellow & black HONC route markers . Gpx routes will be issued to all registered riders in the week before the event. It is the responsibility of each rider to assess the prevailing conditions and terrain and adjust their speed appropriately or dismount if necessary.
7. Where the event crosses or travels on public roads, then the laws of riding on the road and the Highway Code must be obeyed. Some sections are held on un-surfaced tracks and bridleways and due consideration must be given to other users, particularly horse riders and walkers and the Countryside Code should be adhered to.
8. All riders, riding in a group must ride in an orderly manner in accordance with the Highway Code, not more than two abreast & singling out on narrow lanes. All riders should extend all reasonable courtesy to other road users. The use of earphones (Eg. MP3, iPod) is discouraged.
9. **The following are NOT PERMITTED - a) Triathlon/time trial bars or similar, disc wheels or tri-spokes, penny farthings, b) Electric bikes or recumbent cycles. c) The use of child carriers. d) The flying of DRONES**
10. It is the riders responsibility to ensure their bikes are in safe working condition and roadworthy.
11. Riders should carry sufficient water, food and money and ensure that they are adequately equipped to deal with punctures, mechanical breakdown, inclement weather and to advise Event HQ if they are unable to complete the route.
12. All riders should carry a fully charged mobile phone and some form of personal identification with their name, address and the emergency contact details of a person to be contacted in the event of an accident.
13. Riders are not permitted to have their own "personal" support vehicle.
14. **All riders under the age of 18yr. must submit a [PARENTAL CONSENT FORM] signed by their Parent/Guardian by post to the Event Secretary within 7 days of entry. ENTRIES ARE NOT VALID UNTIL RECEIPT OF THIS FORM.**
15. **Riders under the age of 16yr. must be accompanied by** a parent or guardian.
17. No refund of entry fees will be allowed but transfer of an entry may be allowable entirely at the Organisers discretion and then only by following the Organiser's instructions.

*We hope you have a great day in the beautiful Cotswolds. Our event depends on the active co-operation and goodwill of a huge range of landowners and other organisations. Please remember that you represent the Hell of the North Cotswolds – inconsiderate or illegal behaviour can easily destroy that goodwill and jeopardise the future running of the event.*

*\*Winchcombe Cycling Club - a company limited by guarantee Registered in England Number 8113168 Registered Office Gretton Hill Farm, Gretton, Cheltenham, Glos GL54 5EW*

