

IMPORTANT NOTICE

IT IS IMPORTANT THAT YOU READ AND UNDERSTAND THIS STATEMENT BEFORE SIGNING THE CONSENT FORM. IF THERE IS ANY TERM THAT YOU DO NOT UNDERSTAND, THEN PLEASE DISCUSS IT WITH US BEFORE SIGNING.

Terms and Conditions & Data Protection Statement

Terms and Conditions

1. Cycling on the roads is physically challenging and carries with it risks that we cannot eliminate. These include the risk of personal injury. You must follow the terms set out below and in particular:
 - a. You must act responsibly and sensibly at all times;
 - b. You must not participate if you are pregnant or under the influence of alcohol or non-prescription drugs;
 - c. You must follow any safety warnings or instructions displayed or given to you;
 - d. We are not qualified to express an opinion about whether you are fit to safely participate – you must obtain professional/specialist advice from your doctor before participating;
 - e. So far as is permitted by law, participation is entirely at your risk; and
 - f. So far as is permitted by law, we are not responsible for any theft, damage, destruction or loss of your property or belongings.
2. The WoW Kesgrave is organised by East Suffolk Council, Fresh Start New Beginnings, Pedal Power, Plomesgate Cycle Club, Lighthouse Womens Aid, Sportsmed East and Suffolk County Council. All profits and fundraising will be donated to Fresh Start New Beginnings and Lighthouse Women's Aid.
3. This is a charity bike ride and all entrants are encouraged to raise funds for Fresh Start New Beginnings and Lighthouse Women's Aid.
4. Registration shall open from 8am on the day of the event and each cyclist will be required to attend registration at the check-in time allocated to them within the information pack which shall be sent to them prior to the event in order for us to confirm that they are in attendance and to check that the numbers are secured to the jersey and bike correctly.
5. Cyclists taking part in the 20 mile ride shall begin their ride at 9am and those taking part in the 10 mile ride shall begin their ride at 9.30am. It is the cyclist's responsibility to ensure that they arrive at the starting area for their correct allocated starting times.
6. Cyclists must observe the Highway Code at all times, and in particular, they should ride in single file and not in large groups.
7. Cyclists under the age of sixteen MUST be accompanied by a responsible adult.
8. Cyclists must ensure that their bicycles are in a roadworthy condition.
9. Cyclists must appreciate that cycling can be very strenuous and be fully aware of their capabilities. Cyclists shall make sure that their health is in a condition that allows them to take

part in this event and consult a doctor if necessary. Participation will be at the participant's own risk. For participants who are under the age of 18, their parents/guardians would be confirming their suitability to take part and taking on this risk via the consent form.

10. Respect the countryside and leave it tidy.
11. By signing the consent form or attending, all participants, volunteers and spectators confirm that they are happy to be in any photos or video footage that may be used to publicise the event in marketing materials that will be available to the general public. We would only use photos and video footage of any participants we believe to be under the age of 18 with the consent of their parents/guardians obtained via the entry form.
12. Organisers reserve the right not to allow a cyclist to participate for various reasons, not limited to: late registration, unsuitable clothing/footwear, unsafe cycling equipment, inappropriate behaviour, unsuitable fitness levels, and health issues.
13. Any cyclist withdrawing from the event either before or during the ride must notify the WoW Kesgrave organisers.
14. Regardless of the cyclists' allocated start time, the cut off time for all cyclists for this event shall be 4pm. If any cyclist continues to ride beyond this time then they acknowledge that they do so at their own risk.
15. The Organisers reserve the right to amend, postpone or cancel the event due to unforeseen circumstances. We shall inform you if we intend to re-schedule and if you will be able to transfer your entry fee to a rescheduled event.
16. All cyclists MUST wear a helmet and should NOT use ipods, musical devices or telephones while riding.
17. Cyclists should wear bright clothing, suitable foot attire and have relevant and sufficient insurance in place to cover their participation in the event.
18. Participating in the event does not confer any right (by implication or otherwise) on the participant to use, alter, copy or otherwise deal with any of the symbols, trademarks, logos and/or any other intellectual property rights of the event or its organisers.
19. These terms and conditions are subject to English law and jurisdiction.

Disclaimer: By participating in this event you accept these terms and conditions of entry and acknowledge that none of the organisers have any responsibility or liability for any loss or damage to your belongings. You also acknowledge and accept that each of the organisers will not be liable for death or personal injury unless it is caused as a direct result of that organiser's negligence.

We will use your details for the purpose of administering this event. We promise to keep your details safe and never sell or swap them with anyone. Our privacy policy available on our website at <http://www.eastsuffolk.gov.uk/assets/Your-Council/Access-to-Information/Privacy-Notices/Active-Communities-Privacy-Notice.pdf> explains how we keep this promise. If you don't want to hear from us, or change your mind about how we contact you, email activecommunities@eastsuffolk.gov.uk 01394 444652