



When cycling with Dynamic Rides Cycle Club Rider Safety is first priority. This self-certification declaration is for you to declare fitness to ride and that you have the appropriate bike, clothing and made the correct preparations to ride and be led as part of DRCC rider safety policy when booking a ride place on Supersaas or any other methods.

**Health:** Please review the following questions against your current state of health. Please take particular care when in reviewing these questions if this is the first time, you are returning from ill health or have an underlying health issue and ensure you are able to confirm:-

1. You do not have a heart or other short or longer term health issue that may give issues when cycling
2. You do not have a virus such as Flu or Covid that if spread may be a risk to others in the group
3. You are able to balance your food input and blood sugars to sustain you when cycling
4. You don't lose your balance because of dizziness or have temporary loss of consciousness issues
5. You do not have bone/muscle/joint problem (for example, back, knee, or hip) or other degenerative conditions that could be made worse by cycling
6. That any drugs prescribed for you or otherwise are compatible with cycling as a physical activity
7. You do not know of any other reason why you should not do physical activity

*If an issue is raised by these questions:-*

- ✓ Please ensure you have taken medical advice that it is OK to cycle at the pace chosen. If you do not have that advice DRCC asks do not take part in group rides. In the event of a positive medical confirmation that it is ok to cycle with issues, please have a confidential discussion with the Ride Leader if an issue raised by these questions could be manifested on a ride or in the event of an accident on the ride. If you are able to confirm all ok with these questions
- ✓ Please start cycling with a group that will allow you to build your fitness and matches your initial level. If you have a change of medical condition during your membership that changes your response to these questions it is your responsibility to align DRCC with you continuing to book onto DRCC group rides. You understand that in the circumstances of a medically advised accident or illness during your membership it is your responsibility to review this document and reconfirm your fitness to ride.

**Bike and Gear:** I understand that it is my responsibility to bring and maintain a geared bike appropriate to the speed of the group with spares and tools to carry out on road repairs. The bike will not have tri/aero bars and I will seek pre-agreement from the Committee and Leader if I wish to group ride a fixed wheel or electric bike. I understand that bike maintenance is important to group safety and if my bike is not deemed safe by a DR professional, Committee member or Leader I can be asked not to participate. I confirm I will wear a helmet with appropriate clothing and sufficient food and water to allow me to complete the ride. I understand that if I am not able to complete the ride for whatever reason I will have the means on the ride to return myself and/or the bike to an appropriate place. This could include returning to home address or me going to A & E if a non-urgent case.

**Group Leadership:** I understand that the organised rides are led by leaders acting for DRCC. I undertake to follow the leader's direction whilst on the ride and enact the DRCC ride protocol shown on the website.

I have read and understood the declaration and points for **Health, Bike and Gear and Group Leadership** and agree to them. I understand and accept that none of the named persons/company/agents above shall be liable for or held responsible for any injury, illness, accident, loss, damage or death. In completing/signing this form, I acknowledge that I am cycling 100% at my own risk and will not hold the Dynamic Rides CC responsible/liable for any injury, illness, accident, loss, damage or death.