 Signing On Sheet for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Ride/Event Organised by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In order to comply with our insurance guidelines, groups should keep a record of who is attending their rides/events, along with emergency contact details. Add extra lines as necessary.

**NOTE** All under 18s must have signed parental consent\*\* for the type of ride or event they are attending as laid out in the general ride information below. All riders 12 or under MUST have a parent or guardian accompanying them, as well as signed parental consent\*\*.

Cycling UK guidelines state that non-members should take part in no more than three rides before being asked to join a Cycling UK group. By signing the below riders agree to the terms and conditions outlined in the disclaimer\* below. Please sign and complete the sections below with your essential information:

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| **General ride information (likely terrain, on or off-road, time taken and so on):** | **Date** | **Destination if known** | **Approximate Distance** |
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|  | **Name** | **Date of birth if under 18** | **Signature (if under 18, parent or guardian must sign)** | **Mobile** | **Emergency contact number** | **Please tick if you are a group member** |
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|  | **Name** | **Date of birth if under 18** | **Signature (if under 18, parent or guardian must sign)** | **Mobile** | **Emergency contact number** | **Please tick if you are a group member** |
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