# Bicycle usres Group logo **Central Coast Bicycle User group RidesAssist Registration Form**

Thank you for your interest in participating in our RidesAssist program. Please review the following information prior to completing and returning this form to [ccbug100rides@gmail.com](mailto:ccbug100rides@gmail.com):

* RidesAssist Participants section - Ride Participants requirements at <http://www.ccbug.org.au/rides-assist>
* Risks section - Ride Risk Warning at <http://www.ccbug.org.au/ride-requirements>

All our RidesAssist rides will be piloted by Bicycle NSW accredited ride leaders who have also trained on our tandems. Safety is of the utmost importance.

## Ride Participant Details

|  |  |  |  |
| --- | --- | --- | --- |
| First Name | insert first name | Surname | Insert surname |
| Date of birth | Insert date of birth | Contact phone | Insert contact phone |
| Home address – street & number | Insert street and number | Home address - suburb | Insert suburb |
| Email address | Insert email address | | |
| Height (approx.) | Insert height in cm | Weight (approx.) | Insert weight in kg |
| Emergency contact – name | Insert emergency contact name | Emergency contact - phone | Insert emergency contact phone |

## Participant Acknowledgment

I, the above named person, have read and acknowledge the risk warning and participant requirements noted above. I agree to abide by the ride leader/pilots directions, to having photographs published in promotion of RidesAssist, and to provide feedback at the end of my experience.

|  |  |
| --- | --- |
| Signature | Insert signature |
| Date | Insert date |

If Carer has signed please provide the following:

|  |  |
| --- | --- |
| Carers Full Name | Insert carers full name |
| Carers Address | Insert carers address |
| Carers Contact Phone | Insert carers phone |

## Ride Details

Please indicate which ride or rides you are interested in attending, and if you have your own bicycle helmet (Australian standards approved). We will attempt to provide your first ride choice where possible.

Do you have your own bicycle helmet? Check box  YES NO

|  |  |  |  |
| --- | --- | --- | --- |
| Ride 1 Name | Insert ride 1 name | Ride 1 Date | Insert ride 1 date |
| Ride 2 Name | Insert ride 2 name | Ride 2 Date | Insert ride 2 date |