



## Ulster Handcycling Association Freewheelers Lough Neagh Charity Cycle Tour

### Event Rules are as follows:

All Cyclists participating in this event must be at least **18** years of age. Cyclists are asked to wear a good quality cycle helmet in respect of their own safety. Each participant has a duty to cycle in a safe manner to protect themselves and other people. Cyclists should be aware of the Highway Code as the safety rules of the public highway apply to this event.

Participants are reminded that this event is not a race, it is a cycle tour of approx. 76 miles on public roads.

Cyclists should wear the wristbands issued at the event registration and write any medical conditions on the wristband (allergies etc) prior to starting the cycle tour. Cyclists are requested not to veer off the marked event route so that assistance vehicles, Red Cross etc. can locate and attend a problem/casualty if necessary. Service vans can be called upon if any cyclist requires tools/mechanical assistance, however it is the cyclists' responsibility to provide tubes or any other item required to repair a cycle. Cyclists are advised to have liquids with them whilst participating to avoid de-hydrating.

The participating cyclist agrees that they take part in this event entirely at their own risk and they must rely on their own ability in dealing with all hazards. The participant agrees that no liability whatsoever shall attach to Cycle Ulster, The Ulster Handcycling Association or any individual associated with the organising of the event in respect of any injury, loss or damage suffered by them in or by any reason of the event.

Only Cyclists who register at the start of the event and sign the Cycle Ulster Indemnity will be accepted as an event participant. If medical or mechanical assistance is required by a participating cyclist contact: **07711 692485 or 07756 149617**