



2<sup>nd</sup>-5<sup>th</sup> May 2019



**DREAMBUILDING**  
St Wilfrid's New Hospice Appeal

## TERMS, CONDITIONS AND MEDICAL INFORMATION

1. The event is not a race. The aim is to have fun whilst raising funds for DREAMBUILDING - St Wilfrid's New Hospice Appeal. Riders are assisted by support vehicles and are encouraged to ride at their own comfortable pace.
2. The Ride Organiser will be Sarah Mansell, Capital Campaign Director, and the point of contact for all aspects of the ride. She will be assisted by a team of volunteers who will drive vehicles, assist with baggage and provide basic first aid and roadside support.
3. All participants in this event do so at their own risk and accept that the organisers have no legal liability in any regard.
4. The organisers may require a copy of participant's passports to assist when leaving and entering the UK and/or France.
5. Hotel room mini-bars should be locked but, if used, the cost will be individually recovered during the ride, as will hotel telephone bills.
6. Participants are allowed two pieces of luggage. An overnight bag for use on the ferry on the outward journey and a bag containing the rest of the participant's belongings for the trip. The overnight bag must be able to fit into the other bag and together they must not exceed 12kg. This is to enable our support teams to load and unload these from the vans safely.
7. Baggage may be weighed at the Portsmouth ferry meeting point to be advised at the briefing (date TBC). If there is an excess to the stated load the participant may be requested to remove items to allow baggage to be loaded. It will be the responsibility of the owner to dispose of those items causing the overload.
8. If any support vehicle drivers need to wear corrective vision glasses for driving they must have a second pair in the vehicle.
9. St Wilfrid's Hospice reserves the right to refuse applications to join the ride.

## **DAILY RIDE**

Riders will set off together on the first day, but may cycle at their own comfortable pace, stopping as and when they feel they need to. On the second day, riders may depart in their own time and cycle at their own pace. Prior to departure, luggage must be handed to the event organiser to load into the van. The event organiser will also check out all riders from the hotel and then transport luggage to the next location. A second vehicle will depart once the last rider has set off and will be on-hand to provide any assistance required en-route and may be reached by phone throughout the duration of the ride.

1. Each rider will be supplied with a set of route notes on Friday and Saturday morning before setting off. If riders deviate from the specified route they will be outside the responsibility of the ride organisation.
2. All riders must carry at least two bottles of fluids on their bike throughout the ride. It is the rider's responsibility to ensure these are refilled at available stops and that they have adequate energy bars, drinks, snacks etc. for the duration of the ride. The support vans will carry a limited supply of water, high energy drinks and sweets.
3. All participants are required to carry a mobile phone during the event, along with the emergency contact details card provided by the Hospice. Participants must take responsibility for ensuring their phones are charged, bringing with them French plug adaptors.
4. It is recommended that riders take warm and/or wet weather cycling clothing in case of changing weather conditions.
5. Café locations and/or shops en-route will be mentioned in the ride notes but it is for each rider to decide where they choose to stop. Some riders prefer to stop more frequently than others, so please think about this carefully each day of the trip.
6. Participants will deliver their bags to the support vehicle every morning. On arriving at their final destination each day, the rider will collect their baggage from dedicated areas at the hotel and the ferry port.

## **SAFETY**

1. It is a condition of entry that all riders will wear a helmet whilst cycling and clothing which has a hi-vis element on it.
2. It is a condition of entry that all riders have a road-worthy bike, which includes a working bell and lights. Riders must carry a puncture repair kit and a supply of spare inner tubes throughout the ride. A limited range of bike spares can be purchased from support vehicles, where available.

3. All riders must have a chain and padlock to secure their bike overnight.
4. It is the responsibility of each rider to park bikes in safe, secure positions providing access for vehicles and pedestrians.
5. Riding/driving under the influence of alcohol is forbidden.
6. All cyclists must obey French road rules/signs and in the absence of road marking give way to the left.

## **REGISTRATION AND SPONSORSHIP**

1. All participants hereby agree that participation in this event is subject to raising a minimum of £500. This is in addition to the registration fee of £350. Participants agree to handover all monies raised, to the Hospice, by 28<sup>th</sup> June 2019.
2. The money raised by this event is in aid of DREAMBUILDING - St Wilfrid's New Hospice Appeal to build.
3. Each rider must pay a £100 non-refundable deposit to secure their place on the ride. The full registration fee is due by 31<sup>st</sup> January 2019. In the event of any participant cancelling prior to 31<sup>st</sup> March 2019 only the £250 will be refundable. Any cancellations made after this date will not be eligible for a refund. The Hospice has had to commit to hotels, ferries and the support costs of the ride and those monies cannot be recovered.

## **DECLARATIONS**

1. All participants will be required to provide medical information, next of kin and travel insurance details, and sign a declaration prior to Dream Wheelers 2018. These will be sent to you following registration.

No. 281963.