



PROUD BEGINNERS
CYCLING

PROUD BEGINNERS CYCLING CLUB (PBCC) ***INDEMNITY FORM***

Conditions of Participation by All PBCC members

All participating in rides conducted by the PBCC Club must meet the following requirements:

To comply with the traffic laws of The Republic of South Africa including but not limited to the following.

- Obeying all traffic lights and signs always
- Riding single file on all forms of bikes and shared paths unless instructed by the Ride Captain
- Riding no more than two abreast on roads (1.5 meters)
- Wearing a bicycle helmet and all other safety gear complying with all cycling laws of South Africa
- Wear enclosed footwear always
- Carry drinking water all times
- Carry at least spare tube and tools to change a tube. Riders are encouraged to carry other appropriate tools
- Comply with any instructions given before or during the ride by the Ride Captain, Ride leader or the Tail End Rider (Sweeper)
- Not to pass the Ride Leader at any stage unless given such permission by the Ride Leader
- Not to depart from the route taken by the Ride Leader
- To pass on calls related to hazards, etc.
- Not to leave the group without informing the Ride Leader or Tail End Rider (Sweeper)
- All PBCC members are highly encouraged to abide by the rules and regulations of CSA as stipulated in the CSA website. Please familiarize yourselves.

In respect of liability for personal injury, death, loss of or damage to property and/or other damages related to the PBCC rides.

1. I acknowledge that I am acquainted, aware of and appreciate the real dangers and the real risk of suffering bodily harm, injury, death, damages as well as loss of or damage to property, which may arise because of any of the PBCC rides and club chosen races. I acknowledge and appreciate further that whilst there might be a medical presence at the PBCC rides and chosen races, due to factors which include (but must not be limited to) communication, distance, terrain and remoteness, should I be injured, there may be delays in me receiving medical treatment and being evacuated;
2. I accept, acknowledge and appreciate that I participate in the event entirely at my own risk;
3. I waive all claims of whatsoever cause or nature arising against the PBCC organized races, which I might have arising out of any harm, injury, death or loss, damage,



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costs or expenses (medical or otherwise), sustained, suffered or incurred whilst participating in or related to the any club race and whether arising from an act of commission or omission and/or negligence on the part of the PBCC.

4. I undertake to indemnify and hold harmless and free, the PBCC from any and all claims, demands, actions or proceedings of whatsoever cause or nature which may be made or instituted by any third party who may suffer any damages, including but not limited to loss of support, consequential loss or any other loss related directly or indirectly to the event, arising from any cause whatsoever (including but not limited to any act of commission or omission and/or from the negligence on the part of the PBCC.
5. I acknowledge that in the event of injury the PBCC Exco may at their discretion and without prejudice or without admission of liability arrange and pay for emergency medical treatment for and on behalf of myself. I acknowledge that I will be directly responsible to reimburse the PBCC for such medical expenses. I also acknowledge that there are additional benefits relating to emergencies, medical assistance and other additional benefits that maybe available to me provided that I am a fully registered member of Cycling South Africa (CSA) as per information contained on the CSA website.
6. I am aware that this document has legal consequences and that if I do not understand its contents or implications, I should discuss same with my legal representatives before signing it. I understand this document and appreciate its implications;
7. Should any of the terms and conditions of this indemnity be held to be invalid, unlawful or unenforceable, such terms and conditions shall be severable from the remaining terms and conditions which shall continue to be valid and enforceable. If any term or condition held to be invalid is capable of amendment to render it valid, I agree to negotiate an amendment with the PBCC Exco to remove the invalidity.
8. I also fully commit to abide by the PBCC constitution rules at all time to acquaint myself as a rider what's expected of me.

I have read and understand the conditions appearing above my signature and acknowledge that I am bound thereby.

FULL NAME: (please print) _____

ADDRESS: (please print) _____

Your next of kin telephone number: _____

Emergency Contact - Name and telephone number: _____

SIGNATURE: _____

DATE: _____