

CF Jubilee Spinathon Sign-up Form

All participating riders should aim to raise a target of at least £10 through sponsorship
 PLEASE SUBMIT APPLICATIONS NO LATER THAN SATURDAY 14TH MAY

Personal Details:
Title:..... Full Name:
Date of Birth:/...../.....
Are you over 18? Yes / No (please circle)
(Home)Telephone No:
(Mobile) Telephone No:
E-mail address:
Emergency Contact Name:
Relationship to you
Telephone:
Address:

Event starts 5pm on Wednesday 1st June and finishes 3pm on Saturday 4th June.

Availability:				
I can cycle for Hour(s) / Minutes per session.				
Please tick the days when you can cycle, and we will contact you with your timeslot.				
* Please note the minimum timeslot is 15 minutes *				
	Wed 1 st June	Thurs 2 nd June	Fri 3 rd June	Sat 4 th June
Morning: 7am- Noon	Event not begun			
Afternoon: Noon – 5pm	Event not begun			
Evening: 5pm – 10pm				Event Finished
Overnight 10pm – 7am (18+ years only)				Event Finished

Current health status/disabilities:

Is there anything we should know about you to ensure your safety and well-being, e.g., disabilities, medical conditions, heart problems etc.

Safety Information:

Please remember that this is not a race.

The aim is to keep the pedals turning for the duration of the event, so please cycle at a safe, responsible, and manageable pace for your own body and fitness level.

Water will be available at all times whilst on site, so please ensure you keep hydrated.

If you feel unable to complete your allotted timeslot due to illness, fatigue, dehydration etc., please inform a member of the CF team immediately.

There will be at least one First Aider on site at all times.

Please report any injuries, symptoms, or concerns to a member of staff immediately.

Anyone taking part in the event in the overnight periods (10pm – 7am) must be 18 years old or above.

If you are experiencing cold/flu symptoms within a week prior to the event, please let us know.

Declaration:

I understand that by taking part in the CF Jubilee Spinathon, that it is an exercise event.

By signing this declaration, I confirm that if I have any health concerns about taking part in this event, that I have consulted my doctor or GP.

By signing this declaration, I confirm that I have read and understood the safety information above and accept the risks of taking part in this event.

By signing this declaration, I confirm that I will do my best to raise at least £10 through sponsorship.

Signed:

Date: