



DECLARATION

6 March 2025

1. I understand that the u3a provides Third Party Insurance cover only i.e. Public Liability Indemnity Insurance. This does not provide me with insurance cover for personal accidents, loss or damage to my cycle or other property or equipment belonging to me.
2. I have read Safe Cycling Guidelines which covers many risks which are common to all cycle rides and will adhere to the advice provided where this is given.
3. I have sufficient experience, competence and fitness level for each ride that I choose to undertake and my bike is mechanically sound and appropriate for my use on each ride.
4. I understand that a Group Leader or a Ride Leader does not have the authority to declare that a ride is definitely suitable for me.
5. If, however, a Group Leader or a Ride Leader has advised me NOT to undertake a ride, I will adhere to their recommendation.
6. I will read all of the information that is published for a forthcoming ride, taking note of 'Special Safety Issues'. I know that I can approach the Ride Leader if I have any queries about the nature or difficulty of the route before I make my decision about my participating.
7. My attendance on a ride is conditional on my acceptance and agreement with each clause in this Declaration.