



## Hell of the North Cotswolds (HONC) 2019

Promoted & organised by Winchcombe CC \* & Cheltenham & County CC

### PARENTAL CONSENT FORM

**Please complete and return to HONC Admin, Kingsmead, Working Lane, Gretton, Glos. GL54 5YU**

Riders name in full ..... Date of Birth.....

Parent or Guardian Name in full.....

Address

County

Postcode

**I, being the parent or guardian of the above rider**

- a) have read the attached **Event Rules** incorporating British Cycling Regulations and will ensure my son/daughter complies with these.
- b) understand and agree that my son/daughter participates in this event promoted under the British Cycling Guidelines for non competitive cycling entirely at his/her own risk. I have considered and understand the nature of such events and have discussed them with my son/daughter. I am satisfied that my son/daughter is sufficiently responsible and competent to assume full and entire responsibility for his /her own safety whilst engaged in this non-competitive event organised under British Cycling Regulations.
- c) understand that riders over 16 years of age are permitted to participate on the public highway and must therefore assume full and entire responsibility for their own safety in relation to other traffic. I understand and have emphasised to my son/daughter that the function of the marshals in such events is to do no more than indicate the direction the rider should take and that the responsibility for safety whilst negotiating corners, junctions, turns and other hazards must rest with the rider alone.
- d) understand and have fully impressed on my son/daughter that all participants in events on the open road must observe the laws of the land relating to road travel.
- e) agree that my son/daughter shall participate in this event without any liability whatsoever on the part of the promoter, promoting club/s, British Cycling, or any club or organisation affiliated thereto or their officials or members in respect of any injury, loss or damage suffered by him/her provided this does not exclude the liability of any such party for death or personal injury arising from that party's negligence.
- f) confirm that my son /daughter does not have any disability or medical condition, physical or mental, which could affect his/her ability to ride safely in this event. I understand that I must notify the organisers at once if my son/daughter becomes subject to a disability or medical condition, physical or mental, which could affect his/her ability to ride safely in this event.
- g) agree that the Organisers may retain data provided for the entry for the purpose of administering the event & advising the entrant of future events they may organise as provided by their Privacy Policy. I understand that I may request this information to be modified or removed by emailing [admin@thehonc.co.uk](mailto:admin@thehonc.co.uk)
- h) agree that if during this event my son/daughter receives attention from the Emergency Services or St. John Ambulance, the Organisers may obtain my son/daughters details from them for the purpose of Incident Reporting to British Cycling.
- i) understand that this event entry is not valid until receipt of this form by the Event Administration.

**DECLARATION:** By signing this I confirm that I am the Parent or guardian of and holding legal responsibilities for the above rider

Signed (Parent or Guardian) ..... Date.....

\*Winchcombe Cycling Club - a company limited by guarantee Registered in England Number 8113168 Registered Office Gretton Hill Farm, Gretton, Cheltenham, Glos GL54 5EW

See **EVENT RULES** below.

## EVENT RULES (incorporating British Cycling Regulations)

1. The ride is a **Non - Competitive On & Off Road Challenge** aimed at **EXPERIENCED RIDERS**. It is **NOT a race** and is promoted under the British Cycling Guidelines for non – competitive events. A commemorative HONC medal will be awarded to all finishers.
2. **100km, 75km & 50km routes are available.** (To complete the **75km route** you must follow the 100km route to the Food Stop & then follow the 50km to the finish).
3. Riders are required to **register** before the start & **sign off** at the end of the event. Bar coded **Rider Numbers** (which are provided at registration) **must** be fixed to the front of their bike & be visible. **Any rider unable to complete the event must advise Event HQ.**
4. There will be a number of Scan Points around the course and at the food stop where your Rider Number must be scanned.
5. Marshalling & Scan Points open based on a 25kph average and close based on a 12.5 kph average. (Equivalent to riding the complete 100km route in 4 hours and **not more than** eight hours). Riders arriving late at the food stop on the 100km route will be directed to the 50km route & must use this to return to Winchcombe.
6. The wearing of a hardshell helmet conforming to CE Standards EN1078 is mandatory for all riders at all times whilst on the course.
7. It is the responsibility of each rider to follow the course on the route map that will be available at registration. The route will also be identified by distinctive yellow & black HONC route markers. Gpx routes will be issued to all registered riders in the week before the event.
8. It is the responsibility of each rider to assess the prevailing conditions and terrain and adjust their speed appropriately or dismount if necessary. Permissive Use sections of the route must not be used at other times.
9. The function of the marshals in this event is to do no more than indicate the direction the rider should take. Responsibility for safety whilst negotiating corners, junctions, turns and other hazards rests with the rider alone.
10. Where the event crosses or travels on public roads, then the laws of riding on the road and the Highway Code must be obeyed. Some sections are held on un-surfaced tracks and bridleways and due consideration must be given to other users, particularly horse riders and walkers and the Countryside Code should be adhered to. On Bridleways there is a legal obligation to give way to pedestrians and horse riders.
11. All riders, riding in a group must ride in an orderly manner in accordance with the Highway Code, not more than two abreast & singling out on narrow lanes, busy roads and on bends. All riders should extend all reasonable courtesy to other road users. The use of earphones (Eg. MP3, iPod) is discouraged.
12. **The following are NOT PERMITTED** - a) Triathlon/time trial bars or similar, disc wheels or tri-spokes, penny farthings  
b) recumbent cycles c) The use of child carriers. d) The flying of DRONES
13. **Electrically Assisted Pedal Cycles (EAPCs)** complying with the EAPC Regulations 1983 SI 1983/1168 **are permitted** if they meet the following requirements – a) The bike must have pedals that can be used to propel it b) The electric motor should not be able to propel the bike when it is travelling more than 25kph / 15.5mph c) The motor should not have a maximum power output of more than 250 watts.  
It must display one item from each of the following i) The power output or manufacturer of the of the motor ii) The battery's voltage or maximum speed of the bike.  
**NB any form of e-bike that does not comply with the above (e.g. ones with a "twist & go" throttle) are not permitted.**
14. It is the rider's responsibility to ensure their bikes are in safe working condition and roadworthy. Riders should carry sufficient water, food and money and ensure that they are adequately equipped to deal with punctures, mechanical breakdown & inclement weather.
15. All riders should carry a fully charged mobile phone and some form of personal identification with their name, address and the emergency contact details of a person to be contacted in the event of an accident.
16. Riders are not permitted to have their own "personal" support vehicle.
17. **All riders under the age of 18yr. must submit a [PARENTAL CONSENT FORM] signed by their Parent/Guardian by post to HONC Administration within 7 days of entry. ENTRIES ARE NOT VALID UNTIL RECEIPT OF THIS FORM.**
18. **Riders under the age of 16yr. must be accompanied by a parent or guardian.**
19. No refund of entry fees will be allowed but transfer of an entry may be allowable entirely at the Organisers discretion and then only by following the Organiser's instructions.