



MOVE MORE **CYCLING**

TERMS & CONDITIONS

The priority of the Cycling programme is to safeguard the health of all cyclists and Ride leaders. Please read the Terms below and if anything is unclear, please contact Claudia, our Move More Community Engagement Officer at:

claudia.andrade@jerseysport.je or call 07797956318

- All cyclists must be registered through the Move Move Jersey Hub before attending the cycle rides. Cyclists who are not registered will be turned away until they are registered. This is to safeguard the health of all cyclists and Ride Leaders. Link to the Move More Hub is below:
- [Move More Jersey - Online Referral Form - ReferAll Self-Referrals \(refer-all.net\)](#)
- Once registered, cyclists will be sent an information sheet on how to register for the App called Cyql and how to book onto rides.
- We highly recommend wearing a helmet! Ride Leaders have the right to refuse to take you on the ride if you do not have one.

- All cyclists are asked to ensure their bike is in a road worthy condition prior to commencing the ride via a "M" Check. Should bike not be safe, rider should not attend the ride until the bike has been repaired. The Ride Leader will lead an 'M' check of bikes before heading out on the ride but cannot advice on any alterations or repairs on bikes. If a Ride Leader deems a bike as not being road worthy or is safe, participants will not be allowed to start the ride with that bike.
- Bells should be fitted onto every bike when purchased.
- All cyclists are requested to bring their own water, food, sun cream and medication that they may need during the Ride. We recommend you have glasses, gloves, spare inner tube, Tyre levers/tools, pump/gas, lights (both front and rear), rear mud guard in wet conditions and hi-vis clothing. Please ensure you have warm clothing such as layers and a waterproof jacket.
- The participant must inform the Move More Jersey Ride Leaders, if there is any change to their health condition whilst participating in the cycling programme. Jersey Sport cannot be held responsible for any injury/ death which may occur as a result from any omission or false information.
- The Participant must accept that they are cycling entirely at their own risk and that they are suitably fit and well to attend a Ride.
- The participant will be responsible for monitoring their own responses during exercise:
 - If at any time on the ride, the participant experiences discomfort or concern, it is the participants responsibility to inform the Ride Leader.
 - Participants must stop immediately and inform the Ride Leaders if they feel unwell, experience any chest pain, nausea, dizziness or feel faint whilst exercising.
 - If a participant is unwell (e.g. cold, flu, generally feeling unwell), they must not attend the Ride.
- Jersey Sport, its staff and its volunteers cannot be held responsible for any injury which may take place as a result of the participant deviating from the programme in place and instructions given.
- Please be aware that the level of Rides varies across the programme. If participants are unsure which Ride to sign up to, they should contact the Move More Community Engagement Officer for advice prior to attending a Ride. Ride Leaders have the right to request that you attend a different level of future rides if a rider attends and is not able to keep up with the advertised length / speed of a ride.
- Participants must wear appropriate clothing and shoes for the Ride. The Ride Leaders will not be responsible for accidents incurred through participants wearing incorrect clothing or footwear. Ride Leaders may turn participants away if their footwear/clothing is deemed inappropriate.
- Participants are expected to arrive in time for the start of the Ride. If a participant has any questions or concerns, they should arrange to arrive a few minutes early to discuss these with the Ride Leaders or call the Move More Community engagement Officer prior to attending.
- Some meeting points may have access to toilets, but please note not all will. Please consider this when signing up for the Cycle Rides.
- Ride Leaders are unable to accept responsibility for participants personal belongings and/or medication.

- It is the participant's responsibility to bring and keep in their own possession any medication they may need during the Ride, please also note that the Ride Leaders cannot administer any medications to participants.
- Should a coffee stop be included on a ride, this will be noted on the ride description. If participants choose to buy any refreshments at stops, it is the participants responsibility to pay for these.
- If a participant is unable to attend their Ride, they should cancel their booking through the app Cyql or contact the Jersey Sport office on 01534 757700.

DISCLAIMER

Jersey Sport accepts no responsibility or liability for any loss, injury or damage to persons or property save where such loss, injury or damage is directly caused by the negligence of Jersey Sport. It is my responsibility to ensure I am fit and in good health to participate in the activity I choose to attend. Jersey Sport reserves the right to cancel any course if necessary. If Jersey Sport staff feel that there is a risk to your health, you may be advised to seek written consent from your health professional before continuing with a Move More Cycle.