

## Safety tips for bicycle riders

- ✓ *Observe all traffic laws*
- ✓ *Be courteous to other road users*
- ✓ *Stay as far right as practicable*
- ✓ *Exercise caution, particularly while being overtaken by traffic*
- ✓ *Always wear a helmet (required on all STBC rides)*
- ✓ *Never pass another bicyclist on their right, and advise when passing on the left*
- ✓ *Choose a "sweep" and establish communication with the ride leader via cell phones or radios*
- ✓ *Advise the leader or sweep if you are going to leave the group*

## Release and Waiver of Liability for STBC Bicycling Activity

**Bicycling Activity:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Ride leader:** \_\_\_\_\_ **Cell #** \_\_\_\_\_

I will be participating in this Southern Tier Bicycle Club activity, and:

1. I understand the nature of bicycling activities and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.
2. I fully understand that a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("risks"); (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the activity takes place, or the negligence of the "releasees" named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the activity.
3. I hereby release, discharge, and covenant not to sue the Southern Tier Bicycle Club, Inc, officers, directors, members, or volunteers from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, I or anyone on my behalf, makes a claim against any of the "releasees", I will indemnify, save, and hold harmless each of these "releasees" from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

**Participant Signatures:**

	<u>Name (printed)</u>	Signature	Emergency contact number	License plate
1	_____	_____	(____) _____ - _____	_____
2	_____	_____	(____) _____ - _____	_____
3	_____	_____	(____) _____ - _____	_____
4	_____	_____	(____) _____ - _____	_____
5	_____	_____	(____) _____ - _____	_____
6	_____	_____	(____) _____ - _____	_____
7	_____	_____	(____) _____ - _____	_____
8	_____	_____	(____) _____ - _____	_____

**Participant Signatures:**

<u>Name (printed)</u>	<u>Signature</u>	<u>Emergency contact number</u>	<u>License plate</u>
9 _____	_____	(____) _____ - _____	_____
10 _____	_____	(____) _____ - _____	_____
11 _____	_____	(____) _____ - _____	_____
12 _____	_____	(____) _____ - _____	_____
13 _____	_____	(____) _____ - _____	_____
14 _____	_____	(____) _____ - _____	_____
15 _____	_____	(____) _____ - _____	_____
16 _____	_____	(____) _____ - _____	_____
17 _____	_____	(____) _____ - _____	_____
18 _____	_____	(____) _____ - _____	_____
19 _____	_____	(____) _____ - _____	_____
20 _____	_____	(____) _____ - _____	_____
21 _____	_____	(____) _____ - _____	_____
22 _____	_____	(____) _____ - _____	_____
23 _____	_____	(____) _____ - _____	_____
24 _____	_____	(____) _____ - _____	_____
25 _____	_____	(____) _____ - _____	_____
26 _____	_____	(____) _____ - _____	_____
27 _____	_____	(____) _____ - _____	_____
28 _____	_____	(____) _____ - _____	_____
29 _____	_____	(____) _____ - _____	_____
30 _____	_____	(____) _____ - _____	_____
31 _____	_____	(____) _____ - _____	_____
32 _____	_____	(____) _____ - _____	_____
33 _____	_____	(____) _____ - _____	_____
34 _____	_____	(____) _____ - _____	_____
35 _____	_____	(____) _____ - _____	_____
36 _____	_____	(____) _____ - _____	_____
37 _____	_____	(____) _____ - _____	_____
38 _____	_____	(____) _____ - _____	_____