



Please carefully read the terms and conditions below, by entering the Tour de Bristol 2021 you must have read, understood and accepted these conditions.

- The **minimum age to take part is 14**, and all participants under 18 must be supervised by a participating adult at all times and also have parental or guardian permission. Adults are responsible for their children's safety throughout the event.
- **You must follow and respect all event instructions** on the day from volunteers and staff, as well as follow all signage. Extra hygiene and distancing rules will be in place to make sure this event can run safely. Be aware restrictions on group sizes could change between you signing up and the date of the event, so you may need to split into smaller teams if necessary.
- **Do not attend the event if you have any COVID-19 symptoms**, have been in contact with anyone with symptoms, or have returned from a country on the quarantine list in the past 14 days. These symptoms include: a high temperature, a new continuous cough, and a loss of, or change to, your sense of smell or taste. For further guidance, visit www.gov.uk/coronavirus.
- Please pay close attention to the **start time** and date you've chosen for your ride. Only 20 cyclists will be starting every 5 minutes, so if you miss your start time there may not be another start time available for you to join.
- All riders will be given a **unique rider number on a board**, please visibly attach it to the centre of your handlebars. It is your responsibility to ensure their number is clearly legible when passing control points (feed stations, split points and finish line).
- **The route will be waymarked with arrows.** It is essential you stay on the marked route at all times so please keep an eye out for signs and marshals. We will focus on marking turnings, and all split points are clearly marked. You will be given a map, please make sure you take it with you in case markings are removed. It also has emergency numbers on which will be essential in case you get into trouble.
- **The route will be marshalled at key points.** Riders, as well as spectators, have to follow marshals' and officials' instructions at all times prior, during and after the ride.
- **Please go through the official finish at the UWE campus.** Do not leave the course until you have either de-registered at the finish line or informed a marshal. You must complete the course by **4pm** to be classified as a finisher.
- **The course is on open roads.** You must obey all Highway Code Rules. Do not pass through any traffic lights on red, and always indicate your intention to stop or change direction. Please ride in single file where appropriate and no more than two abreast at any time, and be aware of your fellow cyclists and other traffic. Take extra caution and only overtake other riders at a safe social distance and where you don't affect other road users. There is no road too small for a tractor or a Land Rover to come around the corner.
- **Mobile support vehicles** in the form of cars or motorbikes are strictly forbidden. No participant may take food or drink from anyone whilst on the move. If you need food or drink, you must stop. You may however receive support from a stationary vehicle if you stop and it doesn't interfere with the progress of the riders.

- **Every rider is obliged to help if another rider is in trouble**, and also has to let the nearest marshal know or call the event organiser.
- We recommend you take two drink bottles, enough food and energy bars to keep you going, a spare inner tube, wet weather clothing, a mobile phone, mask, hand sanitiser and a map of your route. We also advise you carry ID and a small amount of money.
- Riders are responsible for the perfect technical condition of their bike, and **cycling helmets are compulsory**. Any rider not wearing a helmet whilst participating will be excluded. We recommend cycle helmets complying with ANSI Z90/4 or SNELL standards.
- St Peter's Hospice cannot be held responsible for loss of or damage to any personal belongings.
- You are responsible for your own **medical condition** and take part at your own risk. St Peter's Hospice will not accept liability for any injury or loss as a result of your participation but you understand that your statutory rights remain unaffected. You agree to seek medical advice from your general practitioner if you are in any doubt as to your physical ability to participate in the event. St Peter's Hospice reserves the right to terminate an individual's ride on health and safety grounds.
- You give your permission for any photographs or video taken on of you to be used in Hospice and third party social media and future publicity. You must inform us if you do not want your picture used this way.
- **Entry fees are non-refundable and non-transferable**. If necessary, St Peter's Hospice reserves the right to cancel this event at any time due to unforeseen circumstances. The ride will take place regardless of bad weather and will only be cancelled, re-routed or stopped for reasons of safety. The event has been organised with the coronavirus pandemic in mind, but may need to change or adapt if circumstances change. If it needs to be cancelled for this reason, options including refunds will be offered.

*If you have any questions about any of the above, please contact Hayley at St Peter's Hospice on **01275 391428** or **tour.debristol@stpetershospice.org***