



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

- This is a challenge to complete on your own or with your own group, in your own time. It's not an organised event so there are no first aid, toilets, parking or other facilities.
- 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 challenge. When taking part with children, please consider the length of the cycle.
- Our suggested routes follow **open roads**. It is your responsibility to keep safe and obey all Highway Code Rules. Do not pass through any traffic lights on red, ride in single file where appropriate and no more than two abreast at any time, and indicate your intention to stop or change direction. Please be aware of your fellow cyclists and other traffic.
- Our suggested routes will not be regularly checked so could have changed since the map was created, have road works, or other blocks. Please **do not go on to the UWE campus** as it is currently closed to all visitors.
- 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, hand sanitiser and a map of your route. We also advise you carry ID and a small amount of money.
- Safety-approved **cycling helmets are compulsory**. We recommend cycle helmets complying with ANSI Z90/4 or SNELL standards.
- 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.
- Please follow all **social distancing guidelines** of the local councils you will be travelling through. Only exercise with the number of people and households currently allowed outdoors, while maintaining a safe distance at all times. Check online at www.gov.uk/coronavirus for the most up to date information. Respect any local lockdowns or restrictions when planning your route.
- You give your permission for any photographs or video that you send to us to be shared on social media and used in future publicity. You must inform us if you do not want your picture used this way.
- If necessary, St Peter's Hospice reserves the right to cancel this event at any time due to unforeseen circumstances.

*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*