



**Please carefully read the terms and conditions below, by entering the Tour de Bristol 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. This also applies if you are taking part virtually in the Your Ride challenge.
- **This event is not a race, and 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 fellow cyclists and traffic. Take extra caution and only overtake other riders at a safe distance where you don't affect other road users. There is no road too small for a tractor to come around the corner.
- Riders, as well as spectators, must **follow marshals' and officials' instructions** at all times prior, during and after the ride.
- **Please pay close attention to which wave you've chosen for your ride.** There will be restrictions on numbers in each wave, so if you miss your start there may not be another wave available for you to join.
- All riders will receive a **rider number** in their event pack with a timing chip attached, please visibly attach it to the centre of your handlebars on the day and ensure your number is clearly legible.
- **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.
- **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 that you're not returning. You must complete the course by **5pm** to be classified as a finisher.
- **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, 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 in the event or virtually 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.
- **If you are completing the Tour de Bristol: Your Ride challenge virtually, please know that it 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 provided for you.
- You give 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. It will take place regardless of bad weather and will only be cancelled, re-routed or stopped for reasons of safety. If you are no longer able to take part, you are welcome to complete the challenge virtually on a date that suits you instead.

*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](mailto:tour.debristol@stpetershospice.org)***