

PEDAL AUSSIE REGISTRATION FORM ADMINISTRATION

Motto: *“Ride just enough today, so that you will enjoy the ride tomorrow.”*

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1.0 Personal Data

Name

Address

Post Code

Drivers Licence Number and Date

Passport Number and Date

Phone No Home

Mobile

Emergency Contact Not on Bicycle Tour

Name

Number

Email

Table 1 Confidential Medical Data

1. Medicare Number		Expiry Data	Australian Cyclists only
2. Australian Ambulance Number		Expiry Date	Recommended
3. Emergency Contact 1			
Person Name		Contact Number	
4. Emergency Contact 2			
Person Name		Contact Number	
5. Private Health Services			Recommended
Name of Fund		Contribution Number	
6. Appropriate Travel Insurance			Highly Recommended
Name of Fund		Contribution Number	
<i>(Attach Copy of Travel insurance)</i>			
7 Membership to Bicycle Queensland well before bicycle tour starts.		Number	Is required to be invited on the Bicycle Tour.

Table 2 Medical Conditions General

Please List any relevant medical conditions:

Table 3 Medical Conditions Specific

Do you suffer from the following conditions - circle		
Heart Disease	Yes	No
Diabetes	Yes	No
Epilepsy	Yes	No
Asthma	Yes	No
Other:		
Covid Issues see https://www.covid19.qld.gov.au/	Yes	No
Explain please:		
List food or medical allergies:		

Name (please print)	Signature	Date
Participant	Read, understood, and agree with all attached Tables: 1,2, 3, 4, 5,6,7 & 8.	
Medical Practitioner	Identification Number	Signature & Date

Please attach details as required.

Table 4 All stages Terms and Conditions for Bicycle Touring with PedalAussi

Health	Fitness
1. Participants need to be at least 18 years old at the start of the ride.	Follow a fitness training schedule by competent people that is suitable for the remote areas with little support cycling some 110 km + per day, for consecutive days.
2. Participants shall be in good health and physical condition.	Solitaire and or in group training is advisable with competent personal trainers.
3. <i>Your medical disclosure and doctor's consent in writing returned to PedalAussie at least 30 days from initial ride departure date.</i>	Proposed references: - More on Stretching - Bob and Jean Anderson - Getting Stronger - Bill Pearle - Over the Hill, You Pick Up Speed - Lloyd Kahn - Yoga for all Ages - Rachel Carr

Table5 Medical Disclosure

You must declare and warrant that:

1. At the time of registering for the ride you are mentally and physically fit and in good health.
2. You have disclosed to PedalAussie every matter concerning your health and mental and physical fitness of which you are aware, or ought to reasonably be expected to know, which is relevant to Pedal Aussie's decision to permit you to go on the ride . You are invited to go on the ride, it is not otherwise.
3. Immediately upon any adverse change in your health or fitness you will notify PedalAussie in writing of any such adverse change.
4. PedalAussie reserves the right to permit applicants not to go on the ride for whatever reason.

Table 6 Disclaimer

Persons entering any Pedal Ride, prior to undertaking the event, must agree to the following:

1. I will obey all Australian Road Rules and I will abide by them and am responsible to adhere to them.
2. I attest that I am physically fit.
3. I attest that my bike will be in a sound mechanical order.
4. I accept responsibility and take the necessary precautions for my own self and own safety.
5. I will abide by the directions of police and ride organisers and ride with care and consideration of others on the road.
6. I have read and understood Safety Recommendations by PedalAussi.
7. During this event I agree to wear a cycling helmet.
8. PedalAussi recommends that all cyclists wear bright clothing / vests whilst riding.
9. I understand that cycling on public roads is a potentially hazardous activity.
10. I have read and am fully informed of published safety recommendations for cycling on Australian Public Roads.
11. I agree to Entry terms and Conditions with PedalAussie Ride Events.
12. I release PedalAussi, its owners and agents from all claims for injury, loss, and damage of whatever kind I might suffer from all claims for injury, loss or damage of whatever kind I might suffer as a result of acts or omissions whether negligent or otherwise of PedalAussi, its owners or agents in relation to the event.
13. I also accept responsibility and release PedalAussie from all liability for claims for damages for injury loss or damage of whatsoever kind by any other person or corporation because of any act of omission whether negligent or otherwise on my part.
14. I have read and understood the Australian Road Rules and Safety Recommendations suggested by Pedal Aussie and will adhere to them.
15. I acknowledge having read this Waiver Agreement, fully understood it's terms and sign freely and voluntarily without any inducement.
16. Global Covid Pandemic is an issue. I acknowledge I have read the Australian and State government websites relating to the Covid Issues. All costs for quarantine for examples hotel quarantine missed flights and transfers are not included. No costs whatsoever for covid or associated illnesses will be borne or considered, and Pedal Aussie is released from all liability for claims for damages of whatever kind. Typical State Government website. https://www.covid19.qld.gov.au/
17. I acknowledge I have read and accept responsibility and release PedalAussie the specific from all liability for claims for damages for injury loss or damage of whatsoever kind by any other person or corporation because of any act of omission whether negligent or otherwise on my part. For both Australian Road Rules and Safety Recommendations Federal and State rules. Queensland typical safety rules a https://www.qld.gov.au/transport/safety/rules/wheeled-devices/bicycle

Table 7 PedalAussi Safety Cyclist Recommendations

Cyclists must:

PedalAussi Safety Cyclist Recommendations
1. Cyclists must ensure they always remain hydrated.
2. Ride no more than two abreast. Single file preferred.
3. Cyclists must be aware that large road users for example road trains (multiple trailers) and cars with trailers and caravans use the highways.
4. Take necessary precautions to ensure their own safety and safety of other cyclists for all road users especially larger road user types.
5. Safety mirrors - no mirror, no riding. Both on bike and helmet preferred.
6. All bicycles should be in first-rate mechanical order.
7. If the bike is over 5 years old, all cables should be replaced. On Road maintenance and replacement is unwanted and costly.
8. Worn chains and cassettes & brake blocks shall be replaced prior to ride start.
9. Book into your local bike shop for last minute maintenance.
10. A limited supply of spares is available.

Table 8 Proposed Day Activity

Wake Up to sunrise's low light and sounds of other cyclists packing up camp.
1. Pack up your own kit -clothing and camp.
2. Shower if available.
3. Dress in the day's bicycle clothes -Weather Permitting.
Breakfast hand-sanitise before meals, hand-sanitise after is also preferable.
1. Make your own breakfast.
2. Make your own snacks for day's ride.
3. Wash up own bowl, cup, and cutlery
4. Place own food, water, clothing and camp kit onto bike.
Briefing
1. All cyclists expected to attend.
2. Held in the morning and as required.
3. Destination explained, meal break times and locations and ETA (expected time of arrival).
4. Check if the Pedal Aussie's ride tag is attached to the front of your bicycle.
Begin Day's Ride 0500 the target.
1. Code out on mobile with QR code AND Say Goodbye to organiser representative.
Coded IN on mobile phone fully charged with QR code either Race Personal Permit or Personal Mobile Phone
Morning Tea - Road café, a park, or the side of the road. Duration 20 – 30 minutes.
1. Aim at 50 – 60 km.
2. Hot water for tea and coffee may be provided.
3. Snacks may be provided
Lunch - On the road. - Road café, a park or the side of the road. Get food supplies for later at road shops and cafés.
1. Aim at 80 -90 km mark.
2. Your responsibility - food boxes are available.
END – Off the road 120 – 150+ km mark. Depends on the team's day's effort. Get food supplies for later at road shops and cafés.
Coded OUT on mobile phone with QR code either Race Personal Permit or Personal Mobile Phone
1. Around 1300 -1400 hrs the target.
2. Choose campsite in allocated area.
3. Shower if available. Wash "The Three" with soap, as able. Arm pits and crotch. Wash the butt and apply appropriate cream/powder. (I use zinc cream and castor oil and found OK for me.)
4. Check out local area or town.
5. Sort out your own shopping as able to make your food and snacks.
6. Purchase and obtain enough food and snacks for you with the next section.
7. Rest till sleep.

I acknowledge that I accept the terms and conditions herein outlined.

Name (please print)	Signature	Date
Participant		
Witness		

-DOCUMENT END-