

SOUTH BROWARD WHEELERS

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN ANY WAY IN SOUTH BROWARD WHEELERS (SBW) SPONSORED BICYCLING ACTIVITIES, I FOR MYSELF, MY PERSONAL REPRESENTATIVES, ASSIGNEES, HEIRS AND NEXT OF KIN:

1. Acknowledge, agree and represent that I understand the nature of Bicycling Activities and that I am qualified 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. 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 action or inactions of others participating in the Activity, the conditions in which the Activity takes place, or the negligence of the "Releasees" named below; (c) there may be other risks and social or economical losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all risks and all responsibility for all losses, cost and damages I incur as a result of my participation in the Activity.
3. Hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless SBW, their respective, administrators, directors, agents, officers, and employees, other participants, any sponsors, advertisers, and as applicable, owners and lessors of the premises on which the Activity takes place, (each considered to be one of the "Releasees" herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part of the negligence of the "Releasees" or otherwise, including negligent rescue operations.

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 FORCE AND EFFECT.

RIDE LEVEL _____ MILES _____ LEADER _____ DATE ____ / ____ / ____

	Print Name	Member Y N	Signature	Emergency Call
1	_____	_____	_____	_____
2	_____	_____	_____	_____
3	_____	_____	_____	_____
4	_____	_____	_____	_____
5	_____	_____	_____	_____
6	_____	_____	_____	_____
7	_____	_____	_____	_____
8	_____	_____	_____	_____
9	_____	_____	_____	_____
10	_____	_____	_____	_____
11	_____	_____	_____	_____
12	_____	_____	_____	_____
13	_____	_____	_____	_____
14	_____	_____	_____	_____
15	_____	_____	_____	_____
16	_____	_____	_____	_____
17	_____	_____	_____	_____
18	_____	_____	_____	_____
19	_____	_____	_____	_____
20	_____	_____	_____	_____

Guidelines for Ride Leaders

RIDE LEADERS and VARYING ROUTES are two big differences between SBW and other cycling clubs. In addition, our rides are not intentionally “drop rides”, which means our leaders try their best to keep the group together and return with all riders who started the ride! We post these Guidelines in order to educate and assist our newer leaders and remind our veteran leaders.

- List the ride in the Ride Schedule by signing up on line. Go to the [Ride Calendar](#), where you will find a Ride Leaders box on the right with resource links.
- Plan, know and stick to your route unless bad road or weather conditions warrant a change. Take advantage of Maps available on the website. [Route Maps](#)
- All riders must sign and provide an emergency contact number available for download: [Sign up Sheet](#)
- Please turn in sheets into the Ride Director after the ride.
- Stay within the speed of the posted ride level. Remind a rider of the posted speed if needed. SBW offers different levels so riders can be within their chosen comfort zone – please adhere to the speed for all riders’ benefit.
- Announce turns and route information in advance, giving riders sufficient time to respond safely.
- Stop for all mechanical or other problems riders encounter and continue only when a solution has been reached. Find a safe place for the group to pull over, preferably off main roads and lanes.
- Keep the group together through intersections & traffic lights. Wait if needed.
- Return to the start location with all riders or knowledge of where riders not returning with you are.
- Ask if anyone is a new rider or new to the group. It is a good idea to speak with them and inquire about their cycling experience. Explain the speed of your ride and if you feel this it not the level for them, express your concerns. Do not hesitate to suggest another level ride should you feel it necessary. If new to SBW you might suggest staying in the back and asking another member to assist them in adjusting to the groups riding techniques.
- Make the ride enjoyable

Start the Ride by:

Introducing yourself and give a brief speech of Pre-ride reminders (below) give a quick overview of the route –details are not necessary.

Pre-ride Reminders:

1. Call and point out road hazards.
2. Call out and pass up all ride information – turns, stopping, slowing, mechanicals
3. Rotate out of the front by going all the way back, and don't increase speed when it's your turn to pull.
4. Mechanicals – call out and stop at the next safest area, continue only when a solution has been reached.
5. Obey all traffic laws, including stopping at all stops signs and red lights.

All music, head phones, cell phone and aero bars are prohibited from use during a ride.