

TEST YOUR LIMITS!

Five Valleys Quick Info Sheet

Margam Country Park, Margam, Neath Port Talbot, SA13 2TJ

Five Valleys Terms & Conditions...

The Terms and Conditions detailed below apply to all entrants participating in the Prostate Cymru Five Valley event organised and operated by Prostate Cymru. Completion of an entry form or purchase of an entry by every participant acknowledges acceptance of these Terms and Conditions by the participant.

- The participant accepts that the event they are entering is not a race in any format. Results will be published in alphabetical order only • The participant is fully responsible for their actions whilst attending the event. This includes the event centre and during the ride itself. Prostate Cymru does not accept responsibility for the actions of the participant nor the consequences of such actions.
- Each participant, upon signing the registration form, agrees that they are physically and mentally capable of riding the distance they have chosen. If, during the event, they decide to change their route and distance, then all consequences of this action are theirs.
- The Event Registration Form must be completed by a person aged 18 years or over. Evidence of age may be requested. Participants under the age of 18 years will be allowed to participate in the event with the consent of their parent or legal guardian who must sign the Event Registration Form on behalf of the underage rider. Signing is also an acceptance for the actions and consequences of the underage rider. Under 16's need to be accompanied at all times by an adult who is responsible for them.
- All riders are covered by third party insurance for the duration of the event. The cost of this is included in your entry fee. In addition, Prostate Cymru is covered for civil party liability.
- It is mandatory that all riders wear a safety approved cycling helmet complying with latest ANSI Z90/4 or SNELL standards. Any rider not wearing a helmet will not be covered by the event insurance and could be liable for damages if involved in an accident on that basis. The rider must accept this as a condition of entry. Prostate Cymru reserve the right to refuse entry to the event to anyone with inappropriate equipment or clothing. The participant confirms that the cycle/bike they are riding for the event and all of their equipment is of a suitable standard and state of road worthiness. It is the individual rider's responsibility to make a decision regarding whether to ride a section or not. The marking of the route does not necessarily indicate that the road is rideable and the participant is deemed to make their own decision about whether to proceed on bike, foot or not at all.
- Any marked route is shown for guidance therefore, if the rider chooses to ride a section, it is entirely their own choice. If they choose a different route to avoid obstacles or sections they decide are beyond their capabilities, they do so entirely at their own risk.
- You must obey all Highway Code rules. You are requested to ride in single file where appropriate and no more than 2 abreast at any time. Please be aware of your fellow cyclists and any other traffic. Please always indicate your intention to stop or change direction. All cyclists must adhere to and obey the Highway Code, local By laws and laws of England, Scotland, Wales and N. Ireland where applicable and extend all reasonable courtesy to other road and off road users.
- Prostate Cymru reserves the right to shorten or alter the published route at anytime. Participants do not have the right to claim a refund if the route is shortened.
- Upon seeing other users, such as horse riders and walkers, riders are required to slow down and pass with care.
- Each participant will be fully responsible for any fees or costs incurred or arising from an accident either involving or caused by the rider. This includes, but is not exclusive to, fees from Police, Air Ambulance, Fire and Rescue and the Ambulance service. If the situation arises that you are not capable of making the decision to call the emergency services, the rider agrees that a member of Prostate Cymru or a member of the public may call for them. In this situation, the rider still accepts the costs and consequences of such actions.
- Each participant agrees to assign and grant the right and permission for Prostate Cymru to use and publish any photographs/film/video/electronic representations and/or sound recordings of the participant on any Prostate Cymru activity. The participant hereby releases Prostate Cymru from any and all liability from such use and promotion. The participant hereby authorises the reproduction, sale, copyright, exhibit, broadcast, electronic storage and/or distribution of said photographs/film/video tapes/electronic representations and/or sound recordings without limitation at the discretion of Prostate Cymru. The participant specifically waives any right to any compensation they may have for appearing in any of the photographs/film/video/electronic representations and/or sound recordings of the participant at a Prostate Cymru event.
- The participants agree to return or call the event centre before the close of The event and report to a member of staff. Not doing so will mean that a search may be organised and the subsequent cost will be billed to the rider.
- Event entry fees cannot be refunded or transferred under any circumstances.
- Prostate Cymru reserves the right to cancel the event, due to extreme weather conditions. In such a event, each participants entry will be automatically moved to the rescheduled event.