



Terms and Conditions

Safety & Participation Statement

Cycling is a **potentially hazardous activity** with a danger of personal injury or death. By booking an activity with Carina Outdoors, you are aware of and accept these risks and will be responsible for your own and any under-18s you are responsible for, actions and involvement. An instructor who holds the relevant awards or qualifications, including First Aid, will lead the activities and will maintain a high level of safety throughout the activities.

To enable Carina Outdoors to **manage these risks** you agree to acknowledge the need for responsible behaviour and that the instructor's word is final on all matters of safety. You confirm that you are familiar with the nature of the activities that you wish to undertake and acknowledge those risks that are inherent therein, that you may freely withdraw from any activity and there is no pressure whatsoever to take part. The consent form must be completed, signed and returned to Carina Outdoors alongside the booking form.

To participate in an activity with Carina Outdoors, **you will need a roadworthy bike and helmet**. These can be hired from the local cycle hire centres. If you would like Carina Outdoors to help you to hire a bike(s) please get in touch before booking an activity. Carina Outdoors instructors will have the final say on whether your bike is roadworthy or not. Please see T&Cs Booking Conditions for further information.

To participate in an activity with Carina Outdoors, **you will need a reasonable level of fitness**. Please make the instructor aware of any medical issues that may affect your participation in the activity, before commencing the activity. Please ensure you bring any personal medication that you may require, along with adequate food, drink* and sun cream. *You will drink more when cycling than walking, especially on hot days; please bring plenty to drink.

If you have any **special requirements** or you use a specialist bicycle, please get in touch before booking.

Some activities are suitable for children, if they can ride their own bicycle, follow instructions and have the endurance to withstand up to 3 hours on a bicycle ride. If you are unsure if the activity is suitable for your child, please get in touch before booking. All under-18s must be accompanied by a responsible adult, maximum 3 children to 1 adult.

Photographs and videos may be taken during the course of the activity, to be used by Carina Outdoors on social media, websites and other promotional material. This material may be shared with partners such as MIAS – Mountain Bike Instructors Award Scheme. If you do not want to be included in any material, please opt out on the consent form. Any material will be stored securely for a maximum of 12 months.

Insurance & Loss

Carina Outdoors has **public liability insurance** through the Association of British Cycle Coaches.

Our courses do not include any personal accident, cancellation, third party liability or personal injury insurance. **We recommend that you take out your own policy**. We will accept no responsibility whatsoever in respect of loss or damage to personal property.