



Multi Day Hiking / Biking Safety Statement

All participants must read and sign this before participating in any T.A.S.S mountain biking event.

1. Participating in mountain biking & hiking activities is inherently risky and although efforts are made to minimise hazards **no guarantees of safety are made**. Participants understand the risk of a fall from the bike is always present and a part of the sport. Participants on accept this risk.
2. Participants understand and accept that falls may result in personal injury or property damage and the possibility of severe injuries including death and paralysis resulting from a fall is present.
3. Inherent in any adventure challenge is the possibility that your clothing, bicycle or equipment may suffer damage. Equally you may experience injury (cuts, grazes, bruises, sprains, etc). These types of property damage & minor injury are an unavoidable possibility of the type of trip operated. Participants should understand this before joining and it is advised you take out appropriate insurance.
4. Participants understand that they must wear a helmet to participate in any TASS cycling event. Failure to do so will result in exclusion from the event with no refund given.
5. Participants understand that they must adhere to the kit list issued. Failure to do so may result in exclusion from the event with no refund given.
6. Unless otherwise stated TASS events take place on land with a public right to access. Participants understand other road & trail users may be encountered whilst on event. Including road traffic and animals. Participants must adhere to the country & highway codes. Failure to do so may result in expulsion from the event with no refund given.
7. Unless otherwise requested TASS staff will be first aid trained to a minimum 16hr outdoor level to validate relevant NGB qualifications. Participants understand a doctor/paramedic will not be immediately present when cycling in remote / inaccessible areas and understand rescue in emergency situations may take time.
8. TASS will cater for all abilities as best as practicably possible, multi day events come with increased probability of injury, from excess activity or an accident caused by tiredness. A minimum level of fitness is expected (as detailed in the personalised trip notes) The Adventure Support Specialist can provide training plans if requested. For cycling events beyond TASS "Introduction to MTB" courses a minimum level of bike handling is expected. In very rare cases, for your own wellbeing and safety - as well as that of the others in your group, your challenge leader may decide that lack of fitness or skill levels or tiredness /



exhaustion means it is unsafe or unwise for you to continue with the challenge event. In this instance, we will make best endeavours to assist you with onwards transportation to the event finish, but ultimately this would be your responsibility and you will be responsible for any costs involved.

9. TASS may request to see travel / medical insurance documents before allowing participation on the trip. TASS take no part in arranging personal travel / medical insurance. Any evacuation costs including the hire of taxis must be covered by participant.
10. TASS will take no responsibility for any personal injury or damage to property sustained during the operation of a TASS event. Including damage to bicycles whilst in transportation.
11. TASS is covered by £10,000,000 public liability insurance for adventurous activities/events copies are available on request. Event risk assessments also available on request.
12. TASS instructor / event manager have final say in any decision on the event. Failure to comply with instructions may result in participant expulsion from the event and no refund given
13. TASS instructors/guides will encourage you to take on new challenges. The company works on by choice principle. You should never feel forced or pressured by TASS staff to do anything you feel uncomfortable with. Instructors will only encourage you to take on new challenges if they feel it is within your capability. Your decision if you do not wish to participate will always be respected.
14. TASS events operate in all weathers except in extreme cases outlined in our risk assessments. An alternative itinerary may take place in bad weather circumstances.
15. Any complaints should be raised with a TASS member of staff at the time. If a satisfactory conclusion is not met please email alan@theadventuresupportspecialist.com
16. I hereby understand all of the above statements and accept the inherent level of risk associated with the activity I will be participating in. I have received a thorough event safety briefing from my event instructor / event manager and I wish to participate in the event.

Signed _____ Date _____

Signed _____ Date _____

Signed _____ Date _____

Signed _____ Date _____

