



Reg Charity no 1179453

Waiver by entering track area and Code of Conduct for cyclists, groups, parents/carers.

Just Ride Southend is a volunteer run organisation aiming to provide enjoyable and safe riding for all. It is fully committed to safeguarding and promoting the well-being of its members. To do this, we ask you to read and comply with the guidelines below. By attending this session, you are agreeing to these rules of attendance.

1. Yourself, your child/client/service user/family member is your responsibility. Parents/carers must support their child's/client's involvement in the session. Just Ride Southend cannot accept responsibility for the care of children or vulnerable adults at any time or be held responsible for their actions or consequences of. If you enter the track area, it is deemed you are taking part in Just Ride Southend session and take responsibility for yourself and those with you and making your own assessment about capabilities and safety for riding and the assessment of riding in the weather conditions.
2. Our volunteers are there to supervise the bikes and ensure the safety of all users, please take note of signage, and advice given by Just Ride Southend it's your responsibility to comply to these, not ours to enforce.
3. You must ride only on the oval track area within the white lines and would ask you to only walk a bike to and from the oval track, do not ride inside or outside the oval track on the grass or asphalt ends where there is athletics equipment for your own safety and you will be liable to any damage caused by entering these areas, to equipment or bikes as we cannot guarantee your safety.
4. Suitable clothing and footwear must be worn, and we reserve the right to prevent a person riding, if we feel they are not appropriately dressed.
5. Some bikes are specialist and adapted and should only be used following advice and signage, you must follow any instructions given for your own safety.
6. All attendees must show respect for the volunteers running sessions and other attendees at all times. We reserve the right to discontinue a person's cycling session if they are disrespectful.
7. Inappropriate behaviour is not acceptable and needs to be addressed by the parent/carer. Inappropriate behaviour includes riding bikes that are the wrong size or riding in the wrong direction or erratically, bad, or abusive language, or aggressive behaviour to other attendees or volunteers. If parents/carers do not act over inappropriate behaviour, then volunteers may have to intervene. Continued inappropriate behaviour may lead to a person's exclusion from the remainder of the session or subsequent sessions.
8. Riders are recommended to wear a cycle helmet whilst riding. Just Ride Southend accepts no responsibility for injuries incurred because of riding without a helmet. There is a disclaimer form available for you to sign on the sign in desk.
9. No photos or videos should be taken without consent of Just Ride Southend and therefore Just Ride Southend cannot held responsible for any taken or used, without our prior consent.