

DISCLAIMER

Due to current Thames Valley Triathletes policy all cyclists competing in the Time Trial League 2005 are required to

- 1. Read and sign this disclaimer
- 2. Agree to abide by these rules

This must be completed prior to the start of their first time trials of the year.

Thames Valley Triathletes wish to clarify that only current members of Thames Valley Triathletes and British Triathlon Association members are included in the event insurance. This means that non-members of these clubs or unattached cyclists should ensure that they have adequate insurance as they cycle in this event at their own risk.

Members should be aware that to comply with Thames Valley Triathletes insurance policy they must wear approved standard cycling helmets during warming up, competing and cooling down on their bikes. They must also adhere to the Highway Code and make every effort to ensure their personal safety.

However all cyclists are required to wear British Standard cycling helmets in this event

Signed.....

Address.....

.....

Emergency Contact Number.....

Date

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Cyclist's copy

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Rules

- ⊙ All cyclists must register and have signed disclaimer before start of their first time trial of the year
- ⊙ All competitors must familiarize themselves with the course and higher risk areas.
- ⊙ **All cyclists when in contact with any bike must wear a British Standard Cycling Helmet**
- ⊙ Cyclists should wear appropriate cycle clothing* i.e. short or long sleeved cycling tops when riding
- ⊙ Cyclists should ensure their tyres and bikes are in a roadworthy condition*
- ⊙ When warming up cyclists must not hamper the start area
- ⊙ Cyclists should keep clear of the finisher time keeper and refrain from causing congestion in this area
- ⊙ Cyclists should obey official marshals i.e. time keeper etc

Advisory Notes

- ⊙ Please wear bright or high visibility tops
 - ⊙ Carry spare inner tubes or an emergency method of repairing a puncture
 - ⊙ In the likelihood of poor visibility cyclists use an appropriate lighting methods
1. *Appropriate cycle clothing means clothes designed for cycling
 2. *Roadworthy means safe and legal

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