



Declaration of Participants

Dear participant,

As you know, there are risks associated with adventurous activities. We cannot exclude these risks that make our trips fun and challenging.

With this document we want Cyclohollic, its employees, representatives and other people appointed by Cyclohollic to point out the risks and what Cyclohollic does to minimize the risks and what Cyclohollic expects of you.

We want to clarify matters such as limiting risks, guidelines and codes of conduct, GPS usage, photographs, spare parts and rental materials.

We ask you to read this information carefully, sign it and submit it at the moment of booking a trip or activity.

By doing so you indicate that you have read the information and you agree to the terms and conditions.

You may expect the following from Cyclohollic:

- 1) Cyclohollic is represented by one or more supervisors (guide, assistant, driver).
- 2) All the riding is done under the guidance of a guide in small groups so that the guide can keep track of the participants.
- 3) The guide adjusts the pace, the breaks and the route to the ability of the participants and the circumstances.
- 4) The guide has a first aid kit and mobile phone or satellite phone for emergencies.
- 5) The routes are chosen to provide sufficient challenge, but not too difficult for the level indicated for the route. If there are situations where cycling according to the guide presents too much risk then the guide will decide to let the entire group walk or adjust the route.
- 6) The guide is expert and involved with the participants; for the group and every individual. Although our tours are not clinics, our guide, where necessary, provides tips for improving the technical skills and will help you to deal with problematic obstacles. If you find an obstacle or

passage difficult, we ask you not to not take unnecessary risks and walk. Walking is not a shame; our guides also walk some passages.

- 7) Make sure you have arranged for your mobile phone to work abroad. However, be aware of the cost of roaming. You will receive the phone numbers of all guides and emergency numbers.
- 8) In case of emergencies, our guide will provide / organize as much assistance as possible. Any additional costs for this assistance are for the account of the participant.

What we expect from you (the participant):

- 1) Your bike must be in order: Brakes, frame, suspension, wheels, handle bar, saddle, etc. Helmet is mandatory and we recommend pedals with cleats, gloves and possibly knee and arm protection.
- 2) You must be physically able to complete the chosen journey at the chosen level. We do not ask for a doctor's statement, but recommend that you have had a medical examination not more than 2 years ago. If you have medical indications (drug use, heart problems, allergies, epilepsy, etc.) you must indicate this at the bottom of this form and share it with your supervisor before leaving.
- 3) Do not over estimate your own skills and do not take excessive risks. Obey to the traffic rules and do not cut any curves! In South Africa you ride on the left side of the road, just like in England. Keep in mind that the motorists are not used to cyclists on the road.
- 4) An approved bicycle helmet is mandatory.
- 5) If you are on a trip in the mountains, you must be prepared for unexpected (weather) conditions. Therefore, always carry a rain jacket, an insulating blanket and possibly spare clothing (in case of cold or rain there is a possibility of a longer break)! Always bring enough drinks and enough food (bars) for a complete day trip.
- 6) If you decide to go riding, hiking or exploring yourself, you are entirely responsible and we cannot bear any responsibility. This also applies on guides tours if you decide, with or without consultation with the guide, to ride to the final destination by yourself.
- 7) You know riding though unique and often fragile and protected nature and have to pay attention to the environment and other people enjoying the nature. Always be friendly and social towards the local people, other road users and land owners and do not leave trash behind.
- 8) Use of GPS: Cycloholic has invested a lot of energy, time and money to find out the most beautiful routes. The routes often run over private grounds and natural parks for which Cycloholic has permission.

In order to prevent our routes being used by everyone, we have drawn up guidelines for using GPS during our trips.

- I. **Cycloholic routes may only be used during our guided tours.**
 - II. Any form of transfer of these routes to third parties (copy, multiply, print, publish on the Internet, send by email, transfer to a GPS or computer from a third party) is not allowed.
 - III. Anyone who wants to upload registrations by GPS, watch, or phone to online applications (such as Garminconnect, Strava or Runkeeper) should mark the routes as private so that they cannot be seen by public on the Internet.
-
- 9) At the end of the trip, you return the materials that belong to Cycloholic and report any damage or defects. Any amounts for rent and / or damages to these materials are for your account and must be paid to the guide.
 - 10) Each participant is responsible for storing his bike in the designated location. We expect you to lock your bike yourself! The insurance does not cover if the bike is not locked with an approved lock (also read your travel insurance terms).
 - 11) In the case of transfers, where the bicycle is also transported, you are responsible for loading and unloading your bicycle.

By signing the form you indicate that:

- 1) You have read this form, agree with the travel conditions and realize that there are risks associated with participation.
- 2) Our activities take place in remote areas with unexpected obstacles, animals, insects, vegetation, falling rocks etc. and participation is entirely at your own risk.
- 3) You know that Cycloholc accepts no liability for injuries, illness, death, loss and / or damage to your bicycle and / or luggage during the journey or any transfers.
- 4) You waive the portrait right on the photos and videos taken during this trip (by participants and supervisors).
- 5) You agree with the possible use of photo / video material (participant and guide) included during this trip for promotional purposes of Cycloholc (leaflets, website, etc.).

Name: _____

Place of residence: _____

Place and date: _____

Signature: _____

Medical indication / remarks (continued with reference on the back of this form)