

aboc

cycle coaching
www.aboc.com.au

Risk Acknowledgment

This form in no way attempts to limit your legal rights, it is a formal acknowledgment by you of some of the risks associated with bicycle training and racing.

Bicycle racing and training involves a real risk of accident, injury and in the worst case, death. While we go to as much effort as possible to reduce the risks we take, they cannot be completely eliminated.

We usually train on public roads, which we share with cars, trucks, motorcycles, busses, other cyclists, pedestrians, animals and random road rubbish. Public roads have hazards such as tram and train tracks, roadworks, manhole covers, grease and oil, roadkill, potholes and so on, all of which involve further risks of accidents and injury.

Sometimes we train and race in conditions that increase the risk of accident, such as rain, greasy and oily roads, high winds, poor visibility and so on. Even when we train on closed roads, tracks, ergos, rollers and so on, there is always a risk of some injury involved by collisions, mechanical failures and random incidents.

Bicycles can have mechanical failures which can cause accidents, and while this can be made less likely with proper regular bicycle maintenance, again the risk cannot be completely removed.

Additionally cycle training stresses the body, which can in some cases increase the risk of heart attacks, asthma attacks, muscular and joint injuries and so on. While we make every attempt to reduce the risk of injury through correct bicycle setup and positioning, again, these risks cannot be completely eliminated.

aboc cycle coaching carefully considers the risks involved in cycle training and racing, and as part of this we feel it is important that you are made aware of these risks in a formal sense.

Signature : _____

date: __ / __ / ____

Signature of parent/guardian if under 18 : _____