



Ridgefield Bicycle Sport Club Activity Sign-In Sheet

Date: _____ Day of Week: _____ Time: _____

Activity Leaders/Sweeps: _____

Type of Activity: _____

Ride Guidelines: Ride in Pods of 6 or less; Obey all traffic signals, signs & laws; Never Cross Wheel Planes; Ride to the Right of lane; Ride single on busy roads & never more than 2 abreast on quiet roads; Stagger wheels in formation; Ride safe (traffic laws), Smooth (Pace) & Predictable (Line).

Release of Liability and Assumption of Risk

In consideration of Ridgefield Bicycle Sport Club ("Club"), allowing the undersigned, hereinafter referred to as the "Participant," to utilize the facilities and participate in Activities, including but not limited to all forms of bicycling, road biking, mountain biking, destination rides, organized events, races, charity rides, training sessions, group rides, social activities, group gatherings, and all other ancillary activities of the Club ("Activities or Activity"), it is agreed that:

1. Assumption of Risk: The Participant represents and warrants that they understand the nature of the Activities. They further acknowledge that the Activity will be conducted outdoors over public roads and facilities open to the public during the Activity and upon which the hazards of cars, trucks, pedestrians, nature, trails, weather, and traveling are to be expected. The Participant knows and understands that the Activities present risks of equipment damage, permanent catastrophic injuries, paralysis, disfigurement, or death. There may be other risks and social and economic losses either not known or not readily foreseeable at this time. ("Risks"). These Risks and dangers may be caused by the Participants actions or inactions, the actions or inactions of others participating in the Activity, the areas and conditions in which the Activity takes place, or the actions, inactions, or negligence of the Releasees. The Participant understands the scope, nature, and extent of the Risks and voluntarily chooses to incur such Risk, assume responsibility for all losses, costs, and damages they incur as a result of their participation or that of the minor in the Activity. Participant further agrees and warrants that if at any time they believe conditions to be unsafe, they will immediately discontinue further participation the Activity.

2. Exemption from Liability: The Participant releases the Club, Ridgefield Cycle & Sport, Inc., the USAT, Sean Dowd, Jacqueline Dowd, and all these entities' and associations' operators, officers, owners, agents, servants, employees, ride leaders, participants, suppliers, volunteers, and lessors ("Releasees"), from any and all liability, claims, loss, or injury to the Participant or the Participant's property while participation in any of the Activities contemplated by this agreement; whether such loss, damage or injury results from the negligence of Releasees or from any other cause.

3. Covenant Not to Sue: The Participant agrees never to institute any suit or action at law, equity, or otherwise against the Releasees. The Participant further agrees not to initiate or assist in the prosecution of any claim for damages or cause of action which the Participant, the Participant's heirs, executors, or administrators hereafter may have by reason of injury to the person or property of the Participant arising from the Activities contemplated by this agreement.

4. Indemnity Against Claims: The Participant will indemnify, the Releasees from any and all losses, claims, actions, or proceedings of every kind and character which may be presented or initiated by any other persons or organizations and which arise directly or indirectly from the activities of the Participant while engaged in the Activities contemplated by this agreement.

5. Obligation to Pay Expenses: The Participant agrees to pay all the litigation costs of all the Releasees, including all attorney fees, court costs, and disbursements incurred in any action or suit arising from or in part from any of the Activities and the Participant contemplated by this agreement.

6. Continuation of Obligation: The Participant agrees and acknowledges that the terms and conditions of the foregoing assumption of risk, exemption from liability, covenant not to sue, indemnity against claims, obligation to pay expenses, and other terms of this agreement shall continue in effect at all times during which the Participant participates, either directly or indirectly, in the Activities, and shall be binding upon the Participant's or his/her estate's heirs, executors and administrators.

7. Representation and Warranties: The Participant warrants that the equipment they are using is in good repair and suitable for the Activities. The Participant agrees that it is incumbent upon him or her to ascertain his mental capability, physical capability and riding skills to participate in the Activities safely and represents and warrants they are qualified, possess the riding skills, are in proper physical condition and in proper mental condition to participate in the Activities.

8. Permission to Use Images: From time to time, the Club will take photographs, videos and images of members participating in various Club-related events. Participants understand that such images may be used by the Club for advertising and promotional purposes and/or in the Club member publications and Participant grants permission to the Club, its officers, members and representatives to use their name, images, and other likeness for such purposes without additional compensation. Participant further authorizes the Club, its assigns and transferees to use copyright or publish the same in print and/or electronic formats.

9. Minors and Helmets: Participant represents they are at least eighteen years of age or otherwise accompanied by an adult (who is qualified to sign this release for them) and agrees to wear an ANSI-, SNELL- or CPSC-approved helmet during all appropriate activities.

10. Signature is Agreement: the Participant acknowledges that he or she has read all of the provisions above, fully understands the terms and conditions expressed there, and has freely accepted the provisions of the foregoing paragraphs relating to assumption of risk, exemption from liability, covenant not to sue, indemnity against claims, obligation to pay expenses, continuation of obligations, and other matters contained in this agreement. The Participant should not sign this agreement if he or she does not fully understand the above provisions. By signing this agreement you are giving up any right you may have now or in the future to sue the above identified persons and entities. And if you or anyone else commences a lawsuit against any of the Releasees you will be required to pay any judgment and all the legal expenses including attorney's fees of those sued. If you have any questions concerning the terms and conditions of this agreement, you should consult a lawyer prior to executing this agreement or participation in the Activities contemplated by this agreement.

In consideration for being permitted to participate in the Activities, for myself or my minor, I sign this Agreement below intending to be bound by its terms.

Name	Existing Member	Mobile Number	Emergency Phone #
1	Y--N		
2	Y--N		
3	Y--N		
4	Y--N		
5	Y--N		
6	Y--N		
7	Y--N		
8	Y--N		
9	Y--N		
10	Y--N		
11	Y--N		

12	Y--N		
13	Y--N		
14	Y--N		
15	Y--N		
16	Y--N		
17	Y--N		
18	Y--N		
19	Y--N		
20	Y--N		
21	Y--N		
22	Y--N		
23	Y--N		
24	Y--N		
25	Y--N		
26	Y--N		
27	Y--N		
28	Y--N		
29	Y--N		
30	Y--N		
31	Y--N		
32	Y--N		
33	Y--N		
34	Y--N		
35	Y--N		
36	Y--N		
37	Y--N		
38	Y--N		
39	Y--N		
40	Y--N		
41	Y--N		