

CUCC weekend away personal information sheet (CUCC-01)

Please fill in the details below. All personal information will be treated with strictest confidentiality.

Name	
College	
Name of next of kin and relationship to you	
Phone number of next of kin	
Name of doctor	
Address of doctor	
Known ailments and allergies (for example asthma, nut allergy)	
Current medication	
Do you have personal accident insurance?	Yes/No
If yes, insurance details (number and insurer)	

I have filled in the above to the best of my knowledge and have read, and acknowledge to follow, the MTB riding guidelines overleaf. I understand that I am responsible for my own actions and have a duty to inform the group leader of any illness or ailment that could impair my riding or judgement, or if I am unable to continue riding for whatever reason.

Signed :.....

Date :.....

Riding guidelines

This is not meant to be a draconian list of do's and don'ts made up for no particular good reason, but just a general code of behaviour that will ensure that (a) everyone has a good time (b) people don't end up annoying anyone unduly (c) everyone comes back and with the same number of active limbs that they went away with.

Remember that you, not CUCC, are responsible for your actions. Please be considerate!

- All riders will be briefed on the route before departure. Take note of what is said.
- Do not take undue risks. Your group, and mountain rescue, will NOT be happy if you're the one who attempted a 5ft drop off 3,400ft up a mountain and broke both your legs.
- Think ahead. Hitting a sheep at 30mph is messy and expensive. Be mindful that your braking power may be reduced after long downhills and in bad weather
- In hill fog, reduced visibility and adverse weather conditions (heavy rain, snow, gales etc), everyone remains within sight. WITHOUT EXCEPTION. The group leader's decision is final at this stage if the ride has to be cut short or terminated.
- We ride as a GROUP! I know this can be potentially annoying for faster members in a group, but this is an exercise in group-riding, not racing.
- Upon reaching a gate, the first person to get there opens it, counts everyone through, closes it securely and catches up with the group. Ensure everyone is present, if not, tell a group leader immediately. DO NOT open a gate, ride through it and leave it swinging for someone else to deal with.
- If you are unable to negotiate an obstacle safely, get off and walk. It is better to do this than to injure yourself!
- There will be a minimum of 2 riders with maps and a detailed knowledge of where we're going. One up front and one near the rear. The guy up front tends to get annoyed if people who don't know where they're going overtake him and ride off into the wide blue yonder. At a minimum ensure you don't get further ahead of him than a loud talk/low shout. If you are, stop and wait.
- If the guys at the back of the group with their respective 'guide' are getting a long way behind, the front group either stops and waits (if in sight of each other), or stops and sends a minimum of two riders down if for some inexplicable reason they are no longer in sight.
- Be courteous to other trail users. A cheery 'hello' or similar greeting can turn a potentially grumpy Rambler into a friendly person! Take care with your speed on downhills and do not mow anyone down.
- If another trail user starts giving you a hard time for no good reason, try to take the diplomatic approach. Attempt not to return any abuse doled out in equal measure, however tempting it may be. Sad truth still is that MTBers still have a 'bad' reputation in some people's eyes, and it is sometimes these people that can lobby us off trails. Any excuse you give them to bad mouth us, they will probably use. HOWEVER we have yet to have anything other than interest in what we're doing!
- If, in the unlikely event of an emergency situation occurring, keep calm. Your group leaders will take control of the situation and delegate out tasks/jobs to the group. Be alert and helpful in any way you can. If you have useful expertise (i.e. a medic) make sure your group leader knows this. If it's your group leader that's incapacitated and you have sufficient leadership experience and know what to do, step in and take charge if the matter. A word of warning though; too many chiefs and too few workers are one sure way to make a bad situation ten times worse.
- Finally, be safe, have fun and enjoy your riding.