

**Hook Church Big Sponsored Cycle Ride : 30<sup>th</sup> Sept - 2<sup>nd</sup> October 2021**  
*Raising money to restore Hook's wonderful, 800 year old, village church.*

## Sign On Form

**Name of Rider:**

**Distance to be attempted :**

**Age:**

**Address:**

**Name of Responsible Adult** – all under 18s must be accompanied by a responsible adult who will ride with them or nearby - ratio 1 adult to 3 children maximum

**Emergency Contact's Name:**

And relationship to you:

**Phone No:**

**Medical Conditions:**

Please list any medical conditions  
and any necessary  
emergency information

**RIDING – Safety is Most Important**

**Helmets are required to be worn by all riders**

Bright or fluorescent clothing is advised, where bibs are provided these should be worn

**Ride Courteously and safely at all times**

**Obey instructions of ride leaders**

Operate to any other health, safety or safeguarding information supplied for your ride:

I have read the above and agree to abide by it:

Signed – Rider

Date

Signed – Responsible Adult

Date



**ST MARY'S  
HOOK**

The Vicarage, 12 Church Lane, Hook, Goole DN14 5PN  
t: 01405 767721 [cycling@st-marys-church.org.uk](mailto:cycling@st-marys-church.org.uk)