

Susquehanna Greenway Partnership Informed Consent: Cycling

<u>Risks</u>	<u>Prevention</u>	<u>Solution/Treatment</u>
Blisters, hot spots and soreness	Wear properly fitted footwear, clothes, and equipment.	Inform event staff of the discomfort for assistance.
Sore muscles	Stretch before and after bicycling. Pedal with a high cadence using easier gears	Inform event staff of the discomfort for assistance.
Dehydration	Drink plenty of water (a liter every couple of hours)	Rest and slowly drink plenty of water.
Heat exhaustion or heat stroke.	Wear proper clothing. Rest if you become too hot. Drink plenty of fluids	Rest in shaded area, drink plenty of fluids. If signs of heat stroke are evident, seek medical attention.
Scrapes and cuts	Cycle within abilities. Wear proper clothing.	Inform event staff of any injuries for assistance
Strains, sprains, dislocations, or broken bones	Be careful of where you cycle especially on loose earth.	Administer proper first aid. Inform staff of injury for assistance.
Sunburn	Wear sunblock.	Wear protective clothing. Get out of the sun. Apply sunblock
Injuries caused by taking a fall or being hit by another bicyclist or automobile	Always wear a helmet! Avoid obstacles, obey traffic rules. Watch carefully for other bicyclists or motorists.	Inform staff of injury for assistance.
Loss of equipment	Always label your gear. Avoid placing gear in unsupervised areas.	Inform event staff for assistance.
Damage to forest or river bank	Remain within the course. Avoid leaving the trail or getting out of the water at undesignated accesses	Inform event staff for assistance
Wildlife	Remain within the course. Do not approach or handle any wildlife that is encountered	Inform event staff and fellow riders of the hazard. Continue along course if possible.

Participants are expected not to be under the influence of alcohol or any drug that could impair their riding ability and judgment. Participants displaying impaired ability or judgment will be asked not to join or to leave by the ride leader.

Per Pennsylvania Law, all participants under the age of 12 must wear a helmet applying to children operating bicycles and to children who are passengers in a restraining seat or trailer.

I have read and understand the risks listed above and how to avoid them and agree to take an active part to protect myself and my fellow participants during the activity. I realize there are other risks and/or dangers that may exist (including injury or death) and I will avoid these also; I will not participate in unsafe practices and I will inform the staff of any dangers known to me that may cause injury to myself or others.

Initial: _____