

PART 1: Individual Registration Form

An individual registration form, medical questionnaire and informed consent form must be completed in order to register for this event. Please return to Tenovus by **May 21st 2010**

Section 1:

Personal Details			
Name:			
D.O.B:	Male/Female:	Height:	Weight:
Home Address:			
Postcode:		Telephone (Day):	
Mobile number:		Email address:	

Section 2:

Next of Kin details (in case of an emergency). Please ensure that this is someone who will be available during the event		
Name:		
Relationship:		
Home Address:		
Work Tel:	Home Tel:	Mobile:

Section 3:

Event details	
Estimated time for cycle: 2hrs <input type="checkbox"/>	2.15hrs <input type="checkbox"/>
2.30hrs <input type="checkbox"/>	2.45hrs <input type="checkbox"/>
3+hrs <input type="checkbox"/>	
I confirm that for the duration of the cycle I will wear a helmet:	Yes <input type="checkbox"/>
I confirm that I will follow the Highway Code:	Yes <input type="checkbox"/>
I confirm that I am familiar with and sufficiently practised in deep water canoe capsizing drill	Yes <input type="checkbox"/>
I confirm that for the duration of the canoe section I will wear a buoyancy aid	Yes <input type="checkbox"/>
If accepted for 70 Wild Miles, I understand that I am expected to raise a minimum of £100 in sponsorship	Yes <input type="checkbox"/>
I Would like a 70 Wild Miles T-Shirt (£10) <small>(T-shirts will be sent out close to the event date)</small>	Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/>
I enclose my entry fee of £30 which I understand is non-returnable	Yes <input type="checkbox"/>

PART 2: Booking Terms and Conditions

Please read all sections of this page carefully before signing the declaration

BOOKING TERMS AND CONDITIONS

1. Your booking deposit is non-refundable. This fee is payable to 'Tenovus'.
2. Your team place in 70 Wild Miles is not secured until a deposit has been received, which can be paid by cheque made payable to 'Tenovus'. Failure to send payment will result in your place on the event being withdrawn.
3. In addition to your deposit you are committed to raising additional sponsorship (this excludes Gift Aid).
4. You are required to send your total sponsorship amount into Tenovus no later than 30 September, 2010.
5. Payment for sponsorship should be send to Tenovus, 9th Floor, Gleider House, Ty Glas Road, Cardiff CF14 5BD by the deadline stated above.
6. In the event of cancellation prior to 70 Wild Miles:

Notice Given	Refund
More than 1 months notice	Any sponsorship raised is refundable. However the £30.00 deposit is NOT refundable.
Less that 1 months notice	Both sponsorship and deposit are NOT refundable / transferable

REFUND

7. Tenovus cannot be held responsible for participants pulling out in the event of illness / injury.
8. In the event of a withdrawal at any time during 70 Wild Miles, whether due to an injury, environmental conditions or matter outside the control of Tenovus, no refund or compensation can be offered.

MEDICAL RESTRICTIONS

You do not have to be an athlete to participate in these activities but you should be reasonably fit, feel confident canoeing and with heights and be aged between 17-60. Those who are pregnant or under the influence of alcohol or drugs should not take part. Those with asthma, epilepsy, diabetes, a heart condition or any other medical condition which may be restrictive to their participation in this event, should consult their doctor prior to signing up to 70 Wild Miles.

INSURANCE

All Participants are advised to take out their own personal accident / liability insurance. If a participant has an existing policy they should ensure that they are adequately covered to take part in outdoor pursuits such as 70 Wild Miles.

IMPORTANT:

I confirm that I have read the Booking Terms and Condition, Medical Restrictions, Individual Registration Form and Insurance Notice in Part 2 of this document. I understand and agree to be bound to those terms and conditions and to comply fully with the same.

Signature:

Print Name:

Date:

PART 3: Informed consent & liability waiver

In consideration of being allowed to participate in the activities and programmes of Tenovus and to use the facilities and equipment owned and/or under the control of Tenovus, I do hereby waive, release and forever discharge Tenovus from any and all responsibility or liability for injuries or damages resulting from my participation in any activities or my use of equipment or facilities in the above mentioned activities, unless such injuries is caused by the negligence error or omission of Tenovus.

I understand and I am aware that strength, flexibility and aerobic exercise, including the use of equipment, in the outdoors, are potentially hazardous activities. I also understand that exercise and fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment and facilities with the knowledge of the dangers involved. I hereby agree to expressly assume and accept all and any risks of injury or death.

I am aware that I have the right to request advice from any of the Tenovus staff, at any time, in relation to the activities and exercise being undertaken and, but not exclusively, their suitability for me, with particular regard to my health and clothing. If I choose not to take advice, or to disregard any advice so given, I do so voluntarily and accept liability for all resulting injuries or damage.

I do hereby declare myself to be physically sound and suffering from no condition, impairment, disease or infirmity or other illness (other than those declared on the attached medical questionnaire) that would prevent my participation or use of equipment or facilities except as herein stated. I acknowledge that I have been given my doctor's permission to participate in 70 Wild Miles and use of equipment and machinery and do hereby assume all responsibility for my participation and activities, and utilisation of equipment and machinery in my activities.

I accept that Tenovus will not be responsible for any accident, injury, damage, action, claim or expenses which may arise in consequence of participation in this event however caused. I understand that no refund can be given if the event is cancelled due to circumstances outside the control of Tenovus, or I am unable to compete for any reason.

Tenovus will not accept any liability for events run in its name and I will only use Tenovus produced publicity materials and sponsorship forms that clearly state that, whilst fundraising in aid of Tenovus, I do not represent Tenovus in any way whatsoever.

I confirm that I am aware that photographs taken of 70 Wild Miles may be used to publicise the events and work of Tenovus generally. I understand that I have a legal responsibility to ensure all sponsorship money / donations received by me are paid to Tenovus by 30th September 2009.

Signature: _____

Print name: _____

Date: _____

PART 4: Health Questionnaire

Personal Details			
Name:			
D.O.B:	Male/Female:	Height:	Weight:
Home Address:			
Postcode:		Telephone (Day):	
Mobile number:		Email address:	

Please answer the following questions and sign below:

- | | Yes | No |
|--|-----|----|
| 1. Has your doctor ever said you have heart trouble? | | |
| 2. Have you ever had pains in your chest? | | |
| 3. Do you often feel faint or have spells of dizziness? | | |
| 4. Has a doctor said your blood pressure is too high? | | |
| 5. Has a doctor said that you might have bone or joint problems, such as arthritis, that has been aggravated by exercise or might be made worse with exercise? | | |
| 6. Have you been in hospital in the last 3 years? | | |
| 7. Are you currently taking any medication? | | |
| 8. Are you Pre/Post natal? | | |
| 9. Do you suffer from asthma, or breathing difficulties? | | |
| 10. Do you suffer from diabetes or epilepsy? | | |
| 11. Do you suffer from an allergy? | | |
| 12. If 'Yes' to question 11, what medication do you take? | | |
| 13. Is there a good physical reason not mentioned here why you should not take part in the Challenge? | | |

If you have answered 'Yes' to one or more questions please supply further details here:

Consult with your doctor before increasing your physical activity and tell your doctor that you are considering taking part in 70 Wild Miles. If in any doubt, seek your doctor's advice as to your suitability for the Challenge.

Signature: _____ Print name: _____

Date: _____