In consideration of being permitted to participate in any way in **BBC** sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin:

1. Acknowledge, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. Fully understand that: (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death (risks); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of other participants, the condition in which the Activity takes place, or the negligence of the RELEASEES named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activity.

3. Hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless the **BBC**, their respective administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lesasers of premises on which the Activity takes place, (each considered one of the RELEASEES herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the RELEASEES or otherwise, including negligent rescue operations.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.
**RIDE LEADER CHECKLIST:**

### Before the Ride

- Make sure the cue-sheet is accurate and up-to-date.
- Plan food and rest stops.
- Get permission if necessary for car parking.
- Include the BBC name and your phone number on the cue sheet.
- Invite several friends to help make your ride a success.

### The Day of the Ride

- Arrive at least 15 minutes before the start time.
- Identify yourself as the ride leader.
- Have cyclists sign the waiver before they receive a cue sheet.
- Make sure everyone wears a helmet.
- Be friendly — welcome new riders — you represent the BBC.
- Explain the route and identify potential problems — discuss regrouping, rest, and meal stop(s).
- Encourage hand and verbal signals, riding single file, and courtesy toward motorists and other cyclists.

- All BBC Members, and non-Members on their first ride, are insured for $10,000 of secondary Medical Insurance that may cover your deductibles or co-pays in the event of an accident.

### After the Ride

- Report injuries or other significant incidents to the Insurance Coordinator at **Insurance@baltobikeclub.org**
- Mail, or scan and email, the signed waiver sheet(s) to:
  - Baltimore Bicycling Club
  - email: **ridesignin@baltobikeclub.org**
  - 232 Garnett Rd, Joppa, MD 21085-4630
- Update the “Number of Riders Present:” field on the Rides Calendar entry.

Note: Original Waiver sheets must be saved by you or the Club for 3 years.