



## The Big Fat Bike Ride Sportive - Event Rules

By entering this event (the FLAB Sportive) you accept the following Event Rules, which apply to you, the Rider and any minors (persons under 16) who accompany you. You are responsible for ensuring that any minors who accompany you comply with the safety and other rules set out in these Event Rules.

In these Event Rules, “we”, “us” and “our” and similar pronouns mean FLAB Ltd; “you and “your” and similar pronouns means you, the Rider.

### Responsibility and Insurance

1. You participate in the FLAB Sportive at your own risk and are responsible for ensuring your own safety as well as the safety of others around you.
2. FLAB arranges third party insurance cover for all riders attending the FLAB Sportive but this insurance is limited only to cover for claims against riders resulting from accidental damage to third party property (and there is a risk that this insurance cover may become void if the insurer finds that a rider has been grossly negligent). No further insurance cover is provided by us for riders participating in an event and we strongly recommend that you take out your own, fully comprehensive insurance cover for yourself and all other riders in your party (particularly minors). If you leave your vehicle in a car park or on the street this is entirely at your risk.
3. By registering for the FLAB Sportive you acknowledge the importance of being suitably physically and mentally capable of riding the distance you have chosen.

### Equipment

4. You should ensure your bicycle is well maintained, in good roadworthy condition and be of a suitable standard for the distance and terrain. In particular you should ensure that brakes and gears are properly set up. Although we arrange limited mechanical support at the start location, you are responsible for ensuring you carry suitable spares and tools to deal with mechanical issues during the Sportive itself.
5. We welcome riders on **recumbent bicycles**, those modified for **disabled riders**, **tandems** and **e-bikes** provided always that they comply with all applicable standards, but please note that tri bars and time trial bikes are not allowed. If you intend to ride an e-bike you should obviously ensure that your battery is capable of completing the route distance and the terrain. If there is any doubt we recommend that you either carry a spare battery or arrange to have a spare battery dropped off at a suitable point on the route in advance.
6. Flat e-bike batteries are not considered mechanical issues and in these circumstances riders are requested to make their way to the nearest food/drinks stop and await recovery – priority will be given to first aid and medical issues and it may not be possible to recover riders or bikes until after the end of the Event. Equally, flat tyres do not constitute a mechanical issue and all riders must carry a multi-tool, spare inner tubes, puncture repair kit and a working pump. If you cannot mend a puncture, ride with someone who can. Stranded riders with a puncture are requested to make their way to the nearest food/drinks stop and await repair or recovery.
7. Riders with inappropriate equipment or clothing may be refused entry to the Sportive at our discretion.
8. You must wear a hard-shell helmet conforming to CE standards EN1078.

9. We recommend the following minimum equipment: suitable wet weather gear, 2 drink bottles, an energy bar or similar snack, a mobile phone, a small amount of money, as well as extra clothing to complete the Sportive considering the potential to encounter adverse weather conditions on the route.

#### Registration of Minors and Under 18s

10. Minors must be registered for the Sportive by a parent or guardian using the Under 16s Event Registration Form and must be accompanied by a parent or guardian throughout the Sportive ride. You may be asked to provide evidence of age on the day.
11. Riders under the age of 18 must submit a consent form completed by their parent/guardian to [fatlads@fatladattheback.com](mailto:fatlads@fatladattheback.com) before the event. Parental consent forms are available for download from the British Cycling website.

#### Nature of the Sportive

12. The FLAB Sportive is not a race. Riders are strictly prohibited from competing against each other.
13. The FLAB Sportive is not a guided ride. Ride Marshalls, Flampions and Flambassadors are volunteers who are there to give moral support and to share some of their own experiences and techniques for riding the Sportive route.
14. Warning signs and route markings will be located at appropriate points along the Sportive route for guidance. However, the absence of signs does not indicate that there are no dangers ahead. There are severe gradients on many sections and you should always anticipate potential hazards such as gravel, branches, animals, pedestrians etc. and exercise vigilance and caution in dealing with the unexpected.

#### Conduct and Emergencies

15. You are entitled to be treated by other riders with consideration and politeness and you should extend other riders the same courtesy. Please ride legally, appropriately and considerately at all times and obey the Highway Code. You should ride no more than 2 abreast at all times and in single file when appropriate. In addition; make sure you take any litter home with you or deposit it in an appropriate bin. Any rider reported littering may be immediately removed from the Sportive.
16. We all need the support of local communities to put on these events. Please pass through towns and villages considerately and respect the local communities and countryside. Consider other cyclists, pedestrians, horse riders and road users and always signal your intentions verbally and by hand.
17. You should use public toilets on the route wherever possible but if you must stop for a comfort break please do so discretely and appropriately.
18. If you are unable to complete the course you must return to the Event HQ or call and notify the event staff of this. Failure to do so may result in a search being organized, any costs of which could be charged to you.
19. We recommend that you carry a form of identification showing your name, address and emergency contact details.

#### Cancellations and Refunds

20. Note that the detailed route and distance for the Sportive may have to be changed at short notice (or even on the day of the Sportive) due to factors outside of our control. Just because a change results in a shorter route than previously advertised, this does not entitle you to a refund. We also reserve the right to cancel any event due to unforeseen circumstances such as extreme weather conditions or if running the event could jeopardise the health or safety of any of the riders or operational staff. In such an event, no refunds will be issued.
21. You are permitted to cancel your entry and receive a refund provided that you notify us of cancellation at least 6 weeks before the date of the Sportive. You may also transfer your entry fees to another rider up to 24 hours prior to the Sportive date.
22. Riders can change route at any time before the event or on the day of the event at event registration.

#### Media and Data

23. A film crew and photographers will be shooting before, during and after the Sportive. The footage and photographs (“Recordings”) may be used by us for promotional purposes and on social media. Recordings will not be distributed to participants or be available for download until they appear in the public domain. If you do not wish to be filmed or photographed please make the person behind the camera aware of this at the time. We own all intellectual property rights in Recordings commissioned by us. By taking part in the Sportive you (i) assign to us any and all present and future copyright, performance rights and any other right, title and interest in and to the Recordings; (ii) hereby waive moral rights in the Recordings (if any); (iii) agree that we may use the Recordings for any purpose at our sole discretion including in any marketing and/or publicity materials, on any website and any social media; and (iv) agree that the Recordings may be altered, edited and/or modified (e.g. combined with other images, text, graphics and/or sound). You hereby release us from any obligation to pay compensation to you in respect of your appearance in any of the Recordings. The consents and assignments in this paragraph also apply to any minors who accompany you.
24. A route photographer will also be available to take individual photographs of riders which will be available for download. This is offered as an ex-gratia service and it is not our responsibility if your photograph isn’t taken.
25. We collect your personal details in order to administer the Sportive efficiently and to communicate with you about this and future events. Please see our [privacy policy](#) for full information on how we use your personal details, and on how to opt out of any communications we send.