



PERSONAL INDEMNITY:

In seeking to participate on a mountain bike tour conducted by Afruita BK (trading as Mountainbikingsouthafrica)

I (full name) _____
ID/Pasport no _____
Residential address _____

Do hereby warrant and acknowledge:

1. that my general health is good and that there is nothing which renders me unfit to undertake this mountain bike tour. I warrant that I have valid travel and medical insurance for duration of tour.
2. that I understand and appreciate fully that there may well be risks, hazards and dangers involved to which I could be subjected, more particularly:
 - * I will be cycling on tar and gravel roads. Motor and other transport will also be using these roads and that it is my responsibility to cycle safely on these roads. Gravel roads are uneven and rocks and other foreign objects may be on the roads. There may be holes and sand on the roads. It is my sole responsibility to make sure that I cycle safe under any circumstances.
 - * I will always cycle with a quality approved cycling helmet.
 - * I am aware that I may fall or have an accident and that I will be personal responsible for any medical, legal or other costs because of such an incident
 - * I am aware or the potential dangers of exposure to the sun, directly or indirectly and that serious sunburn may result from unprotected exposure.
 - * I am aware that due to bad weather cycling can become dangerous and that the tour guide will cancel cycling under such circumstances. Afruita bk can not be held responsible for refunds or postponement of a tour.

I accept and voluntarily assume the risk inherent in taking part in such a tour and I, together with my heirs, executors and administrators hereby release Afruita bk (Mountainbikingsouthafrica) its owners, servants, agents and representatives, from any duty or care towards me, in connection with my participation in any tour, and from liability from any claims that could accrue to me or my heirs, executors and administrators in arising out of my participation in the tour or any related activities irrespective of whether such claim or claims arose through the negligence of any person, or from any of the risks, dangers or hazards inherent in a mountain bike tour in South Africa, or of any loss of, or damage to, any property from any cause whatsoever and I further indemnify and hold harmless associated persons against any claims howsoever the same may arise

Signed at _____ this _____ day of _____ 20 _____

Participant _____ Witness: _____

Legal guardian (if under 21) _____