CYCLE TO ZERO: BOOKING FORM

mothers2mothers

T: +44 (0) 203 867 7120
E: Samina.Hassan@m2m.org

CYCLE TO ZERO
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SOUTH AFRICA 2018

PARTICIPANT INFORMATION

Surname:	First Name:	Initial:	Date: / /
Street Address:			
Town/City:	County:	Postcode:	
Phone No:	E-mail Address:		
Date of Birth: / /	Place of birth:		

NB. From time to time, we may like to contact you about Cycle to Zero and other fundraising activities.
Please tick here if you are happy to be contacted about: Cycle to Zero updates ☐ Other fundraising activities ☐

REASON FOR YOUR SUPPORT

Where did you hear about the challenge?	
What is your reason for taking part?	

PASSPORT DETAILS (FOR INSURANCE PURPOSES)

Passport no:	
Place of issue:	Nationality:
Date of expiry: / /	Date of issue: / /
Country of residence:	

ESSENTIAL CYCLING INFORMATION

Will you be bringing your own bike? Y /N
Please note, if you are bringing your own bike, you may have to pay a supplement for its transportation

Please tell us your height in cm (this is for the correct bike size if you aren't bringing your own bike)

T- Shirt Size: S ☐ M ☐ L ☐ XL ☐

If known, will you be cycling the:

Shorter route (40km av. per day) ☐	Medium route (60-70km av. per day) ☐
Longer route (90-100km av. per day) ☐	I haven't chosen my route yet ☐

I agree to my contact details being circulated to my fellow participants. (please tick) ☐

Do you consider yourself:

An experienced cyclist ☐	A casual cyclist ☐

ACCOMODATION

For accommodation, will you require:

A single room ☐	A double room ☐	A family room (*3 beds*) ☐ (*4 beds*) ☐

Please note, a single room supplement may apply depending on the specific accommodation

Do you have any dietary requirements?

No ☐	Yes ☐ *(If so, please specify)*

Allergies to medications/food:

No ☐	Yes ☐ *(If so, please specify)*

MEDICAL INFORMATION

Pre-existing medical conditions should be declared below to ensure that we can look after you appropriately during the challenge. They should also be declared to your travel insurance company to ensure that you are adequately covered. It is for your personal safety that we ask for this information, so please be as thorough as possible.

Do you suffer from or have suffered from: *(please tick)*

Severe attacks of hay fever/allergy	☐	Epilepsy/seizures/convulsions	☐	Claustrophobia or agoraphobia	☐
Cancer	☐	Motion sickness	☐	Recurring migraine headaches	☐
Behavioural health problems	☐	Arm or leg problems	☐	Recurring back problems/surgery	☐
Blackouts or fainting	☐	Are you registered disabled	☐	Hearing/problems with balance	☐
Diabetes	☐	Any type of hernia	☐	Ulcers or ulcer surgery	☐
Any heart disease/heart attacks	☐	Are you pregnant	☐	Do you smoke	☐
Bleeding or other blood disorders	☐	Any form of lung disease	☐	Other	☐
Drugs or alcohol abuse	☐	High blood pressure	☐		
Chest surgery	☐	Angina/heart surgery	☐		

Do you suffer from any phobias/heights/flying/water?	☐
Asthma/wheezing (with breathing or exercise)	☐
Have you been in hospital in the last year? (*please specify*)	☐
Are you awaiting tests/investigations/results/surgery	☐

Do you regularly take prescription medication? (*please specify which and the dosage)*

Please give more details on any of the conditions that have been ticked:

Are there any other medical issues not covered above which are relevant to your well-being on the challenge?

Important: If any of these details change between now and the time of the challenge please make sure you update us and your insurance company.

NEXT OF KIN

Full name:	Relationship:
Home address:	
	Postcode:
Email address:	
Daytime contact no.	Mobile contact no.

DISCLAIMER AND SIGNATURE

In the event of an accident or illness while on the trip, I hereby give permission for our tour operators and/or mothers2mothers medical or expedition staff to initiate medical treatment and to inform my next of kin in case of hospitalisation. I understand by giving false information I may endanger both my own safety and that of others on the trip. I agree to take with me sufficient supplies of medication needed for my current medical condition and for any condition which I had previously which may be reasonably expected to re-occur.

To the best of my knowledge this is a true and accurate description of my medical history and current condition. I understand that I am also responsible for informing mothers2mothers and the tour operator of any change in my medical condition, including pregnancy, which may arise between now and the departure date. I understand that failure to do so may invalidate my insurance. I agree to inform mothers2mothers and the tour operator of any medical or other condition that might affect my ability to take part in the event.

☐ By ticking this box you agree to the terms and conditions laid out by mothers2mothers.	
By signing this document you agree to the fundraising target stated in the terms and conditions below	
Signature:	Date:
Signature of parent/carer (for children under the age of 18):	Date:

CYCLE TO ZERO
CONDITIONS OF BOOKING

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1. A registration fee of **£350** (non-refundable) is required to participate in the 2018 mothers2mothers (m2m) Cycle to Zero Event.

2. Tour costs amount to **£850** and include the cost of all accommodation, food, transfers, in country travel, guides, use of bikes and back-up support. Please be aware however that these costs do not cover drinks. You can either choose to pay these costs directly yourself upfront or include them within your fundraising/sponsorship target.

   In addition to the registration fee and tour costs, every new Cycle to Zero 2018 participant must agree to raise a minimum sponsorship target of **£3,500**. Hence if you would like your fundraising to include your tour costs, your total minimum sponsorship target will be **£4,350**.

3. Equally, while we advise you book and pay for your own flights to South Africa, m2m can book flights for you, allowing you to incorporate those costs into a higher minimum fundraising target. Again, please ask one of the team for further information.

4. m2m will support you in your fundraising every step of the way. It is important however that you understand and accept the minimum fundraising target as set out above and plan accordingly. For example, if you are behind on your fundraising, you may choose to make up the balance of your minimum fundraising target yourself. This is standard fundraising industry policy on overseas challenges or events.

5. If you do not take up your place for any reason, you must inform mothers2mothers immediately. You must contact all your sponsors to ask if they wish to make a donation or have their sponsorship money returned. You must send all sponsorship forms and sponsorship money collected to mothers2mothers (UK) Ltd, Unit 21, St. Mark's Studios, 14 Chillingworth Road, Islington, N7 8QJ, United Kingdom

6. All cheques for sponsorship money must be made payable to mothers2mothers (UK) Ltd, and be sent to Unit 21, St. Mark's Studios, 14 Chillingworth Road, Islington, N7 8QJ, United Kingdom

7. The good reputation of the charity is paramount. You must agree to act lawfully and follow the fundraising guidelines laid out by the organisers of the event.

8. You must not be dependent on alcohol or drugs or have any criminal convictions.

9. You must be covered for full travel insurance for health, accident, loss and repatriation during the event. You will need to provide proof of travel insurance to m2m at least eight weeks before departure or you may forfeit your place on the challenge.

10. All those who take part in m2m Cycle to Zero do so at their own risk. The ground operators will provide advice, instructions and warnings to minimise any risks, and you will be required to comply with them. However, at all times you are responsible for your own actions and inactions. Where these differ from

the wishes of the ground operator, neither the tour operator, ground operator, m2m, its employees or agents can be held responsible for loss or damage to personal effects, injury or death.

11. If you are refused passage and/or entry/exit to or from South Africa, any additional costs incurred are your responsibilities. It is your responsibility to ensure that you obtain appropriate visas, where applicable, for entry into South Africa.

12. Itineraries, schedules and accommodation may change and other alterations may occur which are beyond the control of m2m.

13. m2m may, at their discretion, withdraw places on the m2m Cycle to Zero event if they believe it is in the best interest of the charity to do so.

14. Standard and Quality of Accommodation and Services - The level of the standard and quality of your travel arrangements will be in line with the itinerary and any literature you receive from us. You should be aware that the facilities that will be provided may be in some remote areas, and some destinations may be below what you might expect at home.

15. Destination Safety and Force Majeure **-** Your personal safety during the charitable event is of fundamental importance to us and whilst we will carefully monitor the safety of your destination, the Foreign and Commonwealth Office do offer a travellers advice line 0870 606 0290 and you can find information for South Africa travel on their website - https://www.gov.uk/foreign-travel-advice/south-africa . You should ensure that you are kept informed of the latest FCO advice.

16. You must wear a helmet at all times when cycling. **You will not be allowed to cycle without a helmet.**

17. It is the participant's responsibility to seek medical advice regarding immunisations and m2m cannot be held responsible for participants not following the advice of their medical practitioner.

CYCLE TO ZERO: REGISTRATION FEE

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REGISTRATION FEE

Please nominate your payment method:

I would like to pay registration fees of **£350** for (**X** *number of participants*):

Total amount to pay:

☐ I have enclosed a cheque made payable to mothers2mothers (UK) Ltd.

☐ I will transfer* the registration fee/s to the mothers2mothers UK Bank Account.

☐ I have called and made a credit card booking by phone/ I have given my credit/debit card details below.

TRANSFER*

Please use the reference 'surname initial – m2mCtZ' for example "Hassan S – m2mCtZ"

International Payments: Mothers 2 Mothers (UK) Limited **Bank:** CAF Bank Ltd **Account Name:** Mothers 2 Mothers (UK) Limited **IBAN number:** GB08CAFB40524000021414 **Swift number:** CAFBGB21XXX **Key Contact:** Sarah Blake, sarah.blake@m2m.org, 0203 867 7120	**UK Payments:** Mothers 2 Mothers (UK) Limited **Bank:** CAF Bank Ltd **Account Name:** Mothers 2 Mothers (UK) Limited **Account Number:** 00021414 **Sort Code:** 40-52-40 **Key Contact:** Sarah Blake, sarah.blake@m2m.org, 0203 867 7120

CREDIT/DEBIT CARD

NB: Please note we do not store credit card details nor do we share customer details with any third parties.

Credit/debit card type (*please circle*): Visa / MasterCard / Maestro / Visa Electron

Card number: _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

CSC number: _ _ _ (*last three digits on the back of the card*)

Name on card:

Valid from: _ _ / _ _	Expiry date: _ _ / _ _	For Maestro only, Issue no. _ _

GIFT AID

☐ I would like to boost my donation by 25p of Gift Aid for every £1 that I donate. I would like to Gift Aid my donation, and any donations I make in the future or have made in the past 4 years to mothers2mothers. I am a UK taxpayer and understand that if I pay less income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Please notify mothers2mothers if you want to cancel this declaration, change your name or home address or no longer pay sufficient tax on your income and/or capital gains. If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code. Gift Aid is reclaimed by mothers2mothers from the tax you pay for the current tax year.