



Coaching Consent & Indemnity

I, the undersigned, hereby give my consent to participate in coaching sessions presented by Veloworld and Marcel van der Poll. These sessions may be presented on private property, and on public spaces. Time and date of said coaching sessions will be agreed between the client (or his/her legal guardian in case the client is a minor) and Veloworld (presented by Marcel van der Poll). This Consent & Indemnity agreement will apply for all sessions agreed between the parties, not limited to date, time and place.

I fully understand that cycling is an inherently dangerous activity and I assume the risk of any and all personal injuries that may occur as result of my participation in any individual or group instructional sport, training or exercise activity including, without limitation, activities with instructors, and the use of bicycles and other related training equipment. I agree to take responsibility to ensure that I am wearing or that I am otherwise equipped with any and all necessary safety equipment, including but not limited to a helmet and reflectors, or other visibility devises as may be appropriate.

I further covenant not to sue, and hereby waive, discharge and release Veloworld, Marcel van der Poll, Andre van der Poll, Biosport, Bloemendal Wine Estate, Meerendal Wine Estate, Hooggekraal Farm, Contermanskloof Farm, Hazendal Wine Estate and Zevenwacht Wine Estate as well as any individual members, volunteers, agents, or anyone acting on their behalf, from any and all liability, claim, demand, action, or cause of action, of whatever kind or nature, either in law or equity, arising from or by reason, of any bodily injury or mental injury, known or unknown, including death, resulting from my use of any equipment or participation in any group or individual riding activity provided, supported or sponsored by Veloworld, Biosport, Marcel van der Poll or Andre van der Poll.

I further state that I have carefully read the contents of the above release, and know the contents of same and sign this release as my own free act.

..... ID Number

..... Date of signature

I case of participant under the age of 18:

..... Signature

..... Date of signature