The Ohana Bike Club
July 31, 2024 – 7:00am - Cerritos Regional Park (195th/Shoemaker) to Seal Beach
Waiver & Acknowledgement of Risk

The following waiver is for individuals who choose to attend the Ohana Bike Club ride to Seal Beach from Cerritos Regional Park. While individuals are comprised of Cerritos Cross Country members and those associated with them, each individual attending must ride at their own risk and understands that they are responsible for their own safety while on the ride including but not limited to wearing proper safety gear, following all traffic laws, as well as continuing only if prepared and able. Individuals attending the ride understand the risks involved in participating in this ride and assume responsibility for their own actions and decisions. Individuals participating in the ride and their parents/guardians agree not to take legal action against the coaching staff, its volunteers and supporters, Cerritos High School or the ABC Unified School District in regards to any events or accidents that may occur during the event/ride.

Mandatory Equipment & Gear

Bike - Please check and inspect your own bike & equipment.
Helmet – Must be worn at all times while bike riding.
Lock – Necessary to secure the bike at the pier. Participants are allowed to share locks.
Water – Allow individuals to maintain proper hydration.
Waiver, Directions & Information – Information sheets will be provided to each individual.

Optional & Encouraged Items

Cell Phone – Allow athletes to contact assistance vehicle. Individuals should not use while riding.
Money/Snacks – Allow individuals to replenish nutrients or purchase needed food/supplies.
Beach Items – We will be staying near the pier for a period of time.
Repair & Bike Supplies – In case of the need to repair the bike.

A vehicle will be following the group and stopping at numerous checkpoints to see if any assistance is necessary. In the case that assistance is needed, individuals will contact the emergency contact on the directions & information sheet, who will make arrangements to assist those in need of help. Any individual who cannot complete the bike ride for any reason may turn back early or get picked up, however, should notify someone in the group.

- Individuals understand the risks involved by partaking in this event/ride.
- Individuals MUST obey all traffic rules and laws.
- Individuals must use and have all mandatory equipment & gear.
- Individuals should never travel alone and should always be in the company of another rider or group.
- Individuals should use bike lanes when available and when in doubt, use the sidewalks.
- Individuals should avoid any behavior or actions that will increase the risk of accidents/injury.
- Individuals should assume that a driver does not see them and take the safest route possible.
- Individuals should carry a cell phone or spare change to use in case of emergency.
- Individuals should only proceed if they are comfortable riding a bike and are prepared/able.
- Individuals are responsible for their own safety and actions during the event/ride.

By signing below, the individual and parent/guardian acknowledge that they understand all the statements above and assume all the risks of attending the 40-Mile Bike Club Ride and agree to follow the directions and instructions provided to ensure my safety during the event/ride.

Print & Signature of Individual (Rider) _____ Date _____

Print & Signature of Guardian
(If Under 18) _____ Date _____

Form must be signed and returned in order to attend the event.