

Beach Safaris Pty Ltd

ACN 127 528 572 (Beach Safaris)

Health and Safety Information

We care about your health, safety and comfort. Please read the important information about Beach Safaris' Beach Bike Hire health and safety to assess your readiness for the Ride.

To complete the Ride you will need:

- A reasonable level of fitness and strength
- Full body control and hand-eye-foot co-ordination
- The ability to ride and balance independently
- To wear a complying safety helmet (available from Beach Safaris), and abide by any directions given by a law enforcement officer or authorised Council official.

The following may impact your ability to ride safely:

- If you are **pregnant**
- All heart conditions (including high blood pressure)
- All respiratory conditions
- Back, limb or joint injuries
- Missing limbs or part thereof, inclusive of prosthetics
- Dizziness or loss of balance; visual impairment (except wearing prescription glasses or contact lenses), and learning conditions

Why? Because the Ride experience includes:

- Prolonged peddling on flat and undulating pathways
- Uneven surfaces and narrow pathways
- Negotiation of safe passage across major roadways
- Exposure to all weather conditions

Any participant who can sustain moderate physical exertion should find the Ride experience an exhilarating challenge.

Exclusions:

You cannot take part in the Ride if you:

- Are under 8 years of age
- Are under 1.0 metres in height
- Have a blood- **alcohol** reading of 0.05% or higher
- Have broken bones
- Have undergone surgery in the last 6 months or are experiencing ongoing symptoms
- Have experienced a fit or seizure in the past 6 months and do not hold a driver's license for this reason.

If you take essential medication

The customer is responsible for their own essential medication which should be taken on the Ride (e.g. asthma inhalers or diabetic medication). Please advise a Team Member as necessary on the day.

- Pregnant Riders less than 24 weeks are required to consult a medical practitioner before riding and must ask the medical practitioner to sign a Beach Safaris **Certificate of fitness**
- If you are over 24 weeks **pregnant** you cannot ride but are permitted as a non-riding passenger on the ride
- It is a legal requirement for every rider to complete a Rider Declaration document before riding.

Still concerned? If you believe your health and safety, or that of other Riders, may be put at risk by you taking part, you should not join the Ride. If you have concerns about your ability to participate safely, please consult your treating doctor.

Please be aware that even if you have made a reservation, Beach Safaris reserves the right to decline participation or modify your chosen riding experience. The health and safety conditions of bike hire are subject to change at Beach Safaris' discretion.

Beach Safaris Pty Ltd ACN 127 528 572 www.beachsafaris.com.au Bookings Hotline: (07)4125 4585; Email: beachbikes@beachsafaris.com.au