



The Great Aussie Rickshaw Ride



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Rider Information

The purpose of this document is to provide information to people who have registered as riders for the Great Aussie Rickshaw Ride. If you have not yet registered, please visit www.aussierickshaw.org and go to the itinerary section. Choose a location and date, team up with a partner, fill in the online form and we'll get back to you. Only registered riders will be able to ride.

Thank you for agreeing to ride a stint in the Great Aussie Rickshaw Ride. We hope the experience will be both fun and satisfying, as you help us raise awareness about global poverty and the work of Symbiosis in Bangladesh (for more about Symbiosis, please visit www.symbiosis-int.org).

Before the Ride

Fitness: Prior to your ride, you and your partner should make sure you are in the best physical shape that you can be. The rickshaw we will be using weighs about 90kg and very few of the roads we'll be riding on will be flat. In the absence of your own rickshaw, bike riding is the next best way to train, preferably with a heavy weight attached!

Personal Sponsorship: Riders are invited to raise personal sponsorship for their ride through our **Rickshaw Fare** sponsorship program. We encourage you to consider doing this as a practical way of supporting the work of Symbiosis. The **Rickshaw Fare** is being administered by Symbiosis International and involvement is optional. There are prizes up for grab for those who raise the most, so get cracking! Please visit www.symbiosis-int.org for more info and to download sponsorship forms.

Insurance Issues: You need to be aware that there is a serious side to participating in the Great Aussie Rickshaw Ride. Although we have full Public Liability insurance for the event, we **do not have personal injury/death coverage**. Prior to riding you will be required to sign a waiver form (or if you are under 18 years old, this will need to be done by your parent or guardian) to acknowledge this. Please consider your situation and if necessary, secure your own personal injury insurance coverage if required.

Legal Responsibilities: As the operator of an on-road vehicle (classed as a 'bicycle' under Australian road rules) you are legally responsible for your actions as a rickshaw rider in the Great Aussie Rickshaw Ride. In particular, you need to be aware of your responsibilities in the case of an accident involving injury to a person or damage to property. Please read print out the attached form and bring it along to sign before riding. Participants under 18 will need to have parent/guardian consent.

Close to the Event: We'll stay in touch by email or phone (please make sure we've got all relevant contact details) and let you know where to meet. If necessary, we can provide transport, but this will need to be arranged well in advance.

On the Day

Once the big day arrives, we're expecting things to look like this:

- Arrive at the arranged meeting point at the agreed time – usually 7am sharp!
- Bring along a drink bottle and a hearty packed lunch. We'll provide snacks and water to top up your bottle. We'll also have sunscreen.
- You'll be given a free t-shirt and cap, but make sure you dress appropriately for the weather conditions and for rickshaw riding. Cycling gear is good, but not essential. Make sure your clothes are comfortable and not too loose or tight. Multiple layers are good for warmth, especially if they can be worn underneath your t-shirt (which is brightly coloured for safety).
- Prior to setting off, all riders will participate in a safety briefing. You will also have a practice ride on a rickshaw, as rickshaws are different from bicycles in that balance is not an issue and the method of changing direction is different.
- During the day you'll travel in a vehicle with the other people who will also be riding that day. This will provide a great opportunity to get to know each other – if you don't already – and to encourage the other riders.
- When it's time for you and your partner to ride, we'll find a safe place for the changeover. Jump on board the rickshaw and head off along the road, keeping to the road shoulder wherever possible. You'll be followed by a support vehicle and the rickshaw passenger will have a two-way radio, which they can use for communicating with the support vehicle. Change over as often as you need too, bearing in mind that this needs to be done in a safe location.
- Bear in mind the following points about rickshaw riding:
 1. Rickshaws have three wheels so will tilt sideways in response to the camber (cross-slope) of the road. Don't panic when this happens, just adjust the position of your body and keep pedaling.
 2. Related to point 1, rickshaws will only go in the direction that the front wheel is pointed and you don't have to lean into corners. In fact, no amount of leaning will get the rickshaw to change direction. Only turning the handle bars will work.
 3. As with anything new, it's best to take your time getting used to the feel of the rickshaw prior to attempting to set a new land-speed record or trying to emulate a real Bangladeshi rickshaw wallah.
 4. If the terrain is hilly, take particular care on down slopes as the rickshaw will have a lot of momentum and will want to take off! On up slopes, your passenger may need to hop off, and on really steep slopes, they may need to push!
 5. Although they look fairly robust, rickshaws are actually **very easy to break**. The same applies to people, so please ride carefully at all times and help us get to the end of the road safely.

After the Event

The Great Aussie Rickshaw Ride is not just about the 10km or so that you and your partner will ride. As someone who has already demonstrated your commitment to the project, we would love you to continue your relationship with Symbiosis as it works to help poor communities in Bangladesh. There are a number of ways that you can do this:

1. **Sign up:** Get your friends and family and the people who sponsored you to sign up to receive Symbiosis' quarterly e-newsletter. This is a really convenient way to find out about what Symbiosis is up to, including ways of supporting the work.
2. **Fundraise:** Organise your own fundraising event to raise money for the work of Symbiosis. In particular, funds are required to help Symbiosis complete a new training centre in Bangladesh. Construction of this facility is already well underway and when complete, will enable Symbiosis to greatly increase its delivery of vocational training courses. Arrangements can be made for donations to be tax-deductible.
3. **Visit:** Consider visiting Bangladesh to see the work of Symbiosis for yourself. TEAR Australia regularly runs exposure trips to Bangladesh, including visiting the work of Symbiosis. School and church groups are also welcome and there are opportunities for volunteers who are willing to conduct training courses.
4. **Give Regularly:** If you don't already give regularly to another similar organisation, consider committing to regular giving in support of the work of Symbiosis. This can be arranged to happen automatically on a monthly basis and from later this year, Symbiosis expects to have tax-deductibility status in its own right.

For more information about the Great Aussie Rickshaw Ride:

Website: www.aussierickshaw.org
Phone: (03) 6391 8835
Mobile: 0420 355 005
Email: jeff@aussierickshaw.org

For more information about Symbiosis:

Website: www.symbiosis-int.org
Phone: (07) 3355 5985
Fax: (07) 3422 1384
Mobile: 0401 793 159
Email: symbio@ozemail.com.au

www.aussierickshaw.org

www.symbiosis-int.org

THE GREAT AUSSIE RICKSHAW RIDE

ASSUMPTION OF RISK AND WAIVER OF LIABILITY

In consideration for being permitted to participate in any way in **THE GREAT AUSSIE RICKSHAW RIDE [GARR]** and, in particular, this section, **I, the undersigned, understand, acknowledge and accept that:**

1. There is a significant risk that serious INJURY or DEATH may result from my participation in GARR as that participation may involve strenuous physical activity and will traverse public roads including areas of high traffic activity.
2. I acknowledge that I have been warned that I should not participate in GARR activities if I suffer from any illness or physical disability which may be exacerbated, aggravated or induced, by strenuous physical activity.
3. I knowingly and freely assume each and every risk associated with GARR activities, both known and unknown, even if arising from the negligence or other default of Symbiosis International and/or the event organiser, their officers, officials, volunteers, coaches, agents and/or employees, other participants, sponsoring agencies, sponsors, Federal and State bodies, affiliated organisations and the owners and lessors of the equipment used to conduct the activities (all of whom are referred to as the "**Releasees**"); and
4. **I voluntarily PARTICIPATE at my OWN RISK** and assume sole responsibility for any injury, death or property damage I may suffer that arises from my participation in any and all activities associated with GARR.
5. I understand and acknowledge the dangers associated with the consumption of alcohol or any mind altering drugs before and during the GARR activities and I take full responsibility for any injury, loss or damage associated with their consumption.
6. **I agree not to drink alcohol or take drugs prohibited by law before or during this event.**
7. **I agree to follow the directions of any event organiser or official** and that any misconduct or refusal by me to follow any direction of any organiser or official can result in the **CANCELLATION** of my participation in the event and my immediate removal from any activity associated with GARR no matter where that may occur. I understand that any such non-compliance may result in injury, death and/or permanent disability and I agree to indemnify and hold blameless the Releasees against all claims made by any person as a result of my failure to comply with such directions.
8. I agree to obey all traffic rules and to wear, if required, a helmet and/or any other safety equipment at all times whilst participating in the GARR activities as mandated under the relevant Road Traffic Act, Rules and Regulations, and I agree that I am solely responsible for ensuring compliance with those Rules and Regulations.

9. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **hereby release and hold harmless the Releasees** with respect to any injury, disability or death to myself or to any other person in my care, or for any consequential loss, or loss of, or damage to property, whether caused by the negligence or default of the Releasees or otherwise.

Effect of this Document

10. I have had sufficient opportunity to read this release of liability and assumption of risk agreement and I fully understand its terms.

11. I understand that I may have given up substantial rights by signing it, and I acknowledge that I sign it freely and voluntarily without any inducement, assurance or guarantee of any kind being made to me.

12. I intend my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law in the event of me and/or the children or other person under my care, suffering any injury, disability or death, or loss or damage to property.

13. To the extent that liability is unable to be excluded at law, the liability of the Releasees is limited to the extent of insurance cover affected by them for the incident resulting in injury or death, or loss or damage to property.

Dated: ___/___/___

Name, Address and Signature of participant

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Name and Signature of witnessing official

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For Participants of Minority Age (Under Age 18)

15. This is to certify that I, as a parent/guardian with legal responsibility for this participant, acknowledge, understand and accept all of the above, and consent and agree to his/her release as provided above of the Releasees, and, for myself, my heirs, assigns, and next of kin:

16. I release and agree to indemnify and hold harmless the Releasees from any and all liabilities arising from my minor child's involvement or participation in any and all GARR activities and, in particular, this section, even if arising from the negligence or default of the Releasees.

Dated: ___/___/___

Name, Address and Signature of parent/guardian

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Name and Signature of witnessing official

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