

CYCLE2ZERO BOOKING FORM

+44 (0) 203 867 7120

events@m2m.org



PARTICIPANT INFORMATION

Surname:	First Name:	Date: / /
Street Address:		
Town/City:	Postcode:	
Phone Number:	E-mail Address:	
Date of Birth: / /	Place of Birth:	
From time to time, we may like to contact you about Cycle2Zero and other fundraising activities. Please tick here if you are happy to be contacted about: Cycle2Zero updates <input type="checkbox"/> Other events <input type="checkbox"/>		

REASON FOR YOUR SUPPORT

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

PASSPORT DETAILS (FOR INSURANCE PURPOSES)

Passport Number:	
Place of Issue:	Nationality:
Date of Expiry: / /	Date of Issue: / /
Country of Residence:	

ESSENTIAL CYCLING INFORMATION

Cycle Jersey Size: (jersey sizes come up small please select accordingly) S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>			
Will you be bringing your own bike?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Please note, if you are bringing your own bike, you may have to pay a supplement for its transportation			
Height (in cm):			
If known, please tick which route you will be cycling.			
Shorter route (40km av. per day) <input type="checkbox"/>	Medium route (60km av. per day) <input type="checkbox"/>	Longer route (90km av. per day) <input type="checkbox"/>	I haven't chosen my route yet <input type="checkbox"/>
Do you consider yourself to be:	An experienced cyclist <input type="checkbox"/>	A casual cyclist <input type="checkbox"/>	
I agree to my contact details being circulated to my fellow participants. (please tick) <input type="checkbox"/>			

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 cost will apply.

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

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 please make sure you update us and your insurance company.

EMERGENCY CONTACT INFORMATION (CONTACT MUST NOT BE ON THE CYCLE)

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:

CYCLE2ZERO BOOKING FORM

+44 (0) 203 867 7120

events@m2m.org



1. A non-refundable registration fee of **£500** is required to participate in the 2020 mothers2mothers (m2m) Cycle2Zero Event. Only once payment has been made will your place be secured on Cycle2Zero 2020.
2. Tour costs amount to **£1,450** 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 alcoholic 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 Cycle2Zero 2020 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 **£4,950**.

3. Equally, while we advise you book and pay for your own flights to Uganda, 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. If you withdraw from Cycle2Zero 2020 **after Friday 11th September 2020** for any reason you may still be charged the £1,450 tour costs and expected to reach your minimum fundraising target.
5. 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.
6. 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
7. 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
8. 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.
9. You must not be dependent on alcohol or drugs or have any criminal convictions.
10. 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.
11. All those who take part in m2m Cycle2Zero 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.

12. If you are refused passage and/or entry/exit to or from Uganda, any additional costs incurred are your responsibilities. It is your responsibility to ensure that you obtain appropriate visas, where applicable, for entry into Uganda.
13. Itineraries, schedules and accommodation may change and other alterations may occur which are beyond the control of m2m.
14. m2m may, at their discretion, withdraw places on the m2m Cycle2Zero event if they believe it is in the best interest of the charity to do so.
15. You are welcome to bring your own bike to Cycle2Zero, a supplement cost may be applied by your airline for transport. mothers2mothers cannot be held responsible for any potential damage caused to the participant's bike during transportation.
16. 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.
17. 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 Uganda travel on their website - <https://www.gov.uk/foreign-travel-advice/uganda>. You should ensure that you are kept informed of the latest FCO advice.
18. You must wear a helmet at all times when cycling. **You will not be allowed to cycle without a helmet.**
19. You must be at least 16 years of age to participate in Cycle2Zero.
20. 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.
21. mothers2mothers are committed to ensuring the security and protection of the personal information that we process, and to provide a compliant and consistent approach to data protection.

CYCLE2ZERO BOOKING FORM

+44 (0) 203 867 7120

events@m2m.org



REGISTRATION FEE

Would you like to include your tour costs in your fundraising total? Yes No

This would not need to be paid until before departure to Uganda.

I would like to pay registration fees of **£500** 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 - m2mC2Z' for example "Blake R - m2mC2Z"

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: Rachel Blake, rachel.blake@m2m.org

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: Rachel Blake, rachel.blake@m2m.org

CREDIT/DEBIT CARD

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.