



TRACK CYCLING TRAINING CAMP

BELLVILLE VELODROME



Photo credit: Owen Lloyd

SAT 17 DEC – MON 19 DEC 22

U15, U17, Junior and elite

Cost for camp R150

The Cycling South Africa track cycling commission is here to support our athletes. The commission is hosting a December training camp at Bellville velodrome. This training camp is an important step in moving track cycling forward. This camp is an orientation and assessment camp. We invite riders from u15 up to elite to sign up for the camp.

Program:

- Saturday 17 Dec: Recovery ride on the road & coffee
- Sunday 18 Dec: Assessments and orientation at the velodrome
- Monday 19 Dec: Assessments at the velodrome, recovery ride on the road

Other key dates:

- Friday 16 December: GP event at Bellville velodrome
- Tuesday 20 December: Track Classic at Bellville velodrome
- Monday 26 December: Paarl Boxing day, Faure st, Paarl

Equipment needed for the camp:

- Track bike (also bring pursuit bars if you have)
- Road bike (MTB if you don't have a road bike)
- Rollers (we will have a limited number extra at the velodrome to assist traveling riders)

Riders to please complete the waiver, consent form (youth). **Proof of payment, waiver and consent to be mailed to Track@Wpcycling.com to confirm entry to the camp. Closing date for entry: Friday, 9 December 2022.**

R150 Eft for pre-entry:

Western Province cycling association

Standard Bank

Account type: Current account

Account Number 20 095 798 8

Universal branch Number: 051 001

Reference: Initial and surname

Proof of payment: Track@wpcycling.com

Questionnaire:

We would like riders, coaches, clubs and parents to also give input into the future of track cycling in South Africa by answering these two questions:

1. Where should we be going with track cycling?

2. How do we get there?

**RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT. THIS
FORM COVERS ALL RACES, TRAINING, COACHING or MOTOR PACING SESSIONS at
National Training Camp Bellville Velodrome
Period 17 December 2022 to 19 December 2022**

In consideration of participating in all Bellville velodrome Events, training and coaching initiatives as well as any Races at Bellville velodrome and all training camp activities. I represent that I understand the nature of this Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the Activity.

I fully understand that this Activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activity.

I hereby release, discharge, and covenant not to sue the event organisers as listed above or any affiliated persons or organisations that engage in training, coaching or racing, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim. I, the undersigned (on subsequent pages attached), hereby indemnify the organisers of this event in respect of any and all direct and consequential loss or damage, without limitation. In doing so I confirm that I understand the nature of this indemnity and that the organisers shall not be liable to me, my family dependent or another third party for any loss, injury or death sustained by myself, howsoever arising, I confirm that cycling poses a risk to myself and my property and that I am participating in this event at my own risk.

Name: _____ Surname: _____

CSA Age Category: _____ Date of Birth: _____

CSA License/ID No: _____

Email: _____ Cell No: _____

Age category: _____

Emergency Contact Name: _____ Cell: _____

Medical Aid Details: _____

Signature : _____ Date: _____

(Parents of minors to also complete Guardian Consent form)

National Training Camp Bellville Velodrome

PARENTAL/GUARDIAN CONSENT

Period 17 December 2022 to 19 December 2022

Youth Name: _____

Youth Surname: _____

Date of Birth: _____

AND I, the minor's parent and/or legal guardian, understand the nature of the above referenced activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue and agree to indemnify and save and hold harmless each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I will indemnify, save and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any Releasee may incur as the result of any such claim.

Parent/Guardian Name : _____

Parent/Guardian ID: _____

Relation: _____ Contact Number: _____

Signed: _____

Date: _____

Place: _____