

## **Please read this very important Safety Information before you Ride and Stride**

**Please also read the Risk Assessment information on our website, before you take part in our event.**

- Police advise all cyclists to ride in single file, not in large groups, and to wear an article of clothing which is reflective, fluorescent or of a very bright colour (e.g. Yellow or Orange).
- Study the bicycling section of the Highway Code and ensure your bicycle is roadworthy.
- The wearing of safety helmets is advised by the Health Authorities.
- On the Local Rides leaflets we have tried to identify junctions and hazards that require particular care to be taken. There may be others so care must be taken at all times.
- Ride in single file and do not race.
- Walk wherever cycling is difficult or dangerous.
- NB: Anyone intending to use motorised vehicles will need to check with their own insurers that they have adequate cover, as this form of transport is not a part of the event.



Warwickshire & Coventry  
Historic Churches Trust

## Church and Parish Organiser **Forms and Information 2023** for Saturday 9th September 2023

Ride and Stride allows much needed funds to be raised to keep our church heritage in good repair into the future. The sponsored money raised is divided equally between a named church (chosen by the participant) and the County Trust, who are then able to make grants to other needy churches.

We are running awards again this year with £250 being given to the church and £100 to the individual rider or strider generating the most sponsorship and submitting it by 31st October 2023.

To help raise as much sponsorship as possible for your church, why not find a Parish Champion that can ride or walk? They can be sponsored by the congregation as well as locals in the community.

You will find all the documents you will need for this year's event on our website [www.warwickshirechurches.org.uk/im-a-church-parish-coordinator/](http://www.warwickshirechurches.org.uk/im-a-church-parish-coordinator/) along with our suggested routes for your riders and striders. Please do not hesitate to get in touch with us if you have any queries.

### **Risk Assessments**

Health and safety is of the upmost importance and on the advice of the National Churches Trust we have put on our website [www.warwickshirechurches.org.uk/i-want-to-ride-or-stride/](http://www.warwickshirechurches.org.uk/i-want-to-ride-or-stride/) a risk assessment that you and your participants must read before starting the event. If you have any questions in relation to the risk assessments then please contact our coordinator at [admin@warwickshirechurches.org.uk](mailto:admin@warwickshirechurches.org.uk)

### **R&S forms and documents for churches**

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| <b>Poster</b>               | Please add your name at the bottom as the contact and put up as soon as possible on noticeboards inside and outside your church. |
| <b>Registration form</b>    | This is the form Riders and Striders will need.  |
| <b>Register of Visitors</b> | We do not require a register of visitors, but you may wish to keep your own record.  |
| <b>Sponsor Form</b>         | Please give this to everyone participating.  |
| <b>Stickers</b>             | These are for use at your church or chapel gate or porch to welcome Riders & Striders.   |
| <b>Safety information</b>   | (must be read by all participants).  |

We do hope you all have a really excellent day and please let us know of any stories that you would like us to include on our website and our newsletter.

Best wishes

Sarah Constable, Administrator & Ride Co-ordinator  
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