

If I waited for the whole world to be peaceful

I would never leave Singapore

Event Name: _____

Date(s): _____

PERSONAL PARTICULARS

Full Name: _____ Gender: _____

NRIC No.: XXXX _____ last 4 digits & alphabet Citizenship: _____ Height: _____ (cm) Weight: _____ (kg)

Race: Chinese Indian Malay Others (please specify) _____

Age: below 21 21 to 40 41 to 60 above 60

Address^{optional}: _____ (S) _____

PERSONAL CONTACT

Home: _____

Mobile: _____

Email: _____

EMERGENCY CONTACT

Name of Contact: _____

Relationship: _____

Contact: _____

MYSELF

I last rode a bicycle _____ days ago and I did _____ (km). In the last 90 days, I cycled a total of _____ (km).

My longest ride was _____ (years ago) and I did a total of _____ (km) in _____ (country).

Other than cycling, I also _____ at least _____ times a week.

I last paddled a kayak _____ days ago and I did _____ (km). In the last 90 days, I paddled a total of _____ (km).

My greatest achievement to date is _____.

MY PHYSICAL ACTIVITY READINESS CHECKLIST

1. In the last 12 months, I was told by a doctor that I should not do physical activity.
2. In the last 12 months, I have felt pain in my chest.
3. In the last 12 months, I have lost balance because of dizziness.
4. In the last 12 months, I have lost consciousness.
5. I have a bone and/or joint problem that could be made worse when I take part in physical activity.
6. I have a condition that could be made worse when I take part in physical activity.
7. I am currently on medication and the situation could be made worse when I take part in physical activity.
8. I know of a reason why I should not do physical activity.

If you have answered 'yes' to any of the above, you should see a medical doctor for advice, before taking part in the event.

Consent of Parent / Guardian for Applicant who is below 21 years old as at 1 Jan of this current year

I, *Dr/Mr/Mrs/Mdm/Miss _____ NRIC No.: _____ allow my child/ward* to participate in the event.

Signature of *Parent / Guardian

**please delete accordingly*

Date

TERMS AND CONDITIONS OF NO HEAD WIND PLEASE PTE. LTD.

- 1) The Company has a no refund policy.
- 2) The Company reserves the right to cancel the event, before commencement, by refunding in full if possible.
- 3) The Company reserves the right to amend/cancel the event, during the event itself, if necessary.
- 4) The Company reserves the right to accept or reject an application without assigning a reason.
- 5) The Company works with service suppliers and payment does not mean confirmation of arrangements. When an arrangement cannot be fulfilled, any refund shall be final and at The Company's full discretion.
- 6) The Company reserves the right to use all images, videos & recordings taken during the event on social media sites and elsewhere.
- 7) The Company charges SGD50 day rental for its Singapore fleet of bikes. 2D1N is SGD90. 3D2N is SGD120. Every additional day is SGD30. Helmet inclusive. Loss of bike is SGD1800. For damages, the penalty imposed shall be final and at The Company's full discretion.

DECLARATION

I have done 'MY PHYSICAL ACTIVITY READINESS CHECKLIST' on Page 1/2 of this document.

I understand that the event involves a certain amount of risk and I will seek professional advice on insurance & medical matters.

I will comply with the instructions from the representative/guide of No Head Wind Please Pte. Ltd. at all times.

I understand that I may be expelled from the event if my behaviour is deemed inappropriate.

I understand that a current tetanus immunisation is good to have.

I declare that all information provided is true and correct.

I agree to abide and be bound by the Terms and Conditions of No Head Wind Please Pte. Ltd.

I understand that the completion of this form does not mean acceptance for the event.

Signature of *Applicant / Parent / Guardian

**please delete accordingly*

Date

Take a pic of your completed and signed form. WhatsApp to +65 9800 0528. It's that easy!

ABOUT NO HEAD WIND PLEASE PTE. LTD.

No Head Wind Please Pte. Ltd. was registered as a private company on 7 Dec 2012 in Singapore.

Our Registration Number is 2012 2 9959 G.

Our UOB account is 420 302 4058. We prefer Inter-bank transfer.

We strongly believe that if we waited for the whole world to be peaceful, we would never leave Singapore.