

## E.L.R.A.T . Coaching Day 18th April 2015

Held at Pitmeadow Farm Muckhart Road near Dunning PH2 0RA . Then follow orange arrows to farm.

Sign on 9:00 am.

Limited to first 8 entrants.

Cost **£30**

This will be for a small group of novice riders who have limited experience of off road riding and want to try Enduro for the first time.

The day will begin at 9am for a 9.30 start! We will explain all that's needed to enter an Enduro and what to do on the day. Starting with a question and answer session and then out on the bikes to sections of track to practice basic techniques needed for Enduro riding. Then back for some lunch with more question and answers followed with another session on bikes to finish around 3.00pm.

Attendees will be expected to bring their own machines which must be in a reasonable condition with all controls in good working order. Riders should bring their own refreshments for the day.

At no time will riders be asked to do anything they are not happy with – the aim is to coach and demonstrate. There is no pressure to compete or complete tasks. There is no racing.

**Please complete and return before the 11<sup>th</sup> April - Post to  
Caroline Thomson – 40 Gallowhill Road, Kirkintilloch, G66 4AJ**

Name

Address

Telephone No (Mobile if poss)

In consideration for being permitted to participate in this event I declare as follows:

1. That I am fit and not suffering from any physical or mental disability which would impair my safe participation in the meeting and I undertake to inform the organisers immediately should any change in my condition occur which I have reason to or ought to have reason to believe would affect my ability to continue to participate in this competition.

2. I have been given the opportunity of inspecting the course/track/circuit and its facilities and hereby declare myself satisfied with the course/track/circuit and its facilities. If during the course of the event circumstances change it will be my decision as to the continuance or otherwise participating.

3. That my vehicle complies with the regulations for this event as required upon scrutineering and further that it is safe and in a fit and proper condition for use in this event.

4. I am satisfied that the venue is safe for me and that should I at any time have any doubts as to its safety I am entitled to decline to take part thereafter.

5. As a participant I may be exposed to the risk inherent in motor sport and that I am prepared to take such risks.

**6. This is a practice day and no racing is to take place. There is no pressure on me to participate in any activity.**

7. I further agree that I shall not seek to claim against ACU, SACU, ELRAT MC , the organisers nor their officials, the land owners, the promoter or other bodies or individuals connected with the event in respect of any damage to my property howsoever caused, and whether by the negligence or breach of statutory duty of the said bodies or persons.

**Training Questionnaire – please complete and return**

**Name** \_\_\_\_\_

Have you attended previous training days. \_\_\_\_\_

Number of years riding motorcycles \_\_\_\_\_

Number of years off-road riding \_\_\_\_\_

Do you compete \_\_\_\_\_

No of events competed in '14/15 \_\_\_\_\_

Type of bike (year,make & model) \_\_\_\_\_

Reserved Scottish riding number \_\_\_\_\_

What club are you a member of? \_\_\_\_\_

Any specifics you would like us to address

**Equipment for the training day.**

Minimum riding gear of boots, helmet and mx jeans, recommend also goggles gloves elbow and knee pads. Body armour if you have it

Motorcycle in good working order (starts well ie new plug)

Good set of tyres (esp rear)

Tyre pressures 14-15psi (if no mousses)

Lunch

Water

**Notes**

This is a training day – no racing. Plenty to learn .

Any questions – feel free to ask.