



RIDE + STRIDE STANDARD FORMULA

Revised July 2014

1. In accordance with the original vision, the intention of Ride + Stride is for sponsorship to be raised by persons visiting places of worship primarily on foot (walking, running or jogging), by cycle, wheelchair or on horseback. In London this extends to the use of public transport (tube and bus). In addition mobility vehicles and private motor vehicles may be used although this is only intended where persons are unable to walk or cycle because of age or infirmity and is subject to persons ensuring that they are covered by their own motor insurance. Places of worship are usually visited between 10am and 6pm although this period may be extended or reduced by individual counties. Participants seek sponsorship for the number of places of worship they can visit during the day or for a total sum. Volunteers welcoming participants at each church may themselves be sponsored.
2. Whilst the primary activity of the event is as set out in paragraph 1, places of worship may have a general "open day" and various secondary activities may take place at each place of worship. Secondary activities may include the provision of food and drink, organ playing and bell ringing, games including treasure hunts (not involving motor vehicles) and other similar activities. Hazardous activities such as abseiling down towers and the use of water borne craft of any description are not permitted.
3. County Churches Trusts and the Heritage of London Trust, hereafter referred to as the "County Churches Trusts", are insured for the event under an extension to the National Churches Trust's policy with Ecclesiastical Insurance whose understanding of the nature of the event is as described in this document.
4. Any horse riders taking part must have their own public liability insurance.
5. The Ride + Stride is organised annually on a local basis and places of worship are invited to take part.
6. All counties participating are recommended to contact their own police force and seek their advice. Cyclists should be made aware of the Highway Code and the need to ensure that their bicycles are roadworthy and be advised to wear crash helmets and suitable clothing.

The principal Ride + Stride event takes place on the second Saturday in September. Counties may extend the period during which participants can take part and in London an alternative date may be used.

7. Sponsorship money is usually divided equally between a place of worship, or another registered charity of the participant's choice and the County Churches

- Trusts. Sponsorship money must be returned in full by participants to the County Churches Trusts who will make a 50% donation to the church or charity of the participant's choice. If requested a participant may donate all of their sponsorship for the benefit of the County Churches Trusts. The County Churches Trusts will claim all of the Gift Aid where sponsors have authorised it, and will normally retain this for grant-giving.
8. Cyclists and walkers freely cross county boundaries, therefore all sponsor forms should be of similar layout in order to be recognised and easily understood in other counties.
 9. There is an annual meeting in November between those involved in the Ride + Stride in all Counties to discuss matters of mutual interest.
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Note: It is recommended (subject to each county's own legal advice):-

1. That every sponsorship form should contain a disclaimer from the County Churches Trusts, e.g. "It is a condition of entry that, save to the extent required by law, the trustees of the Trust accept no liability in respect of injury sustained by any participant in Ride + Stride".
2. That the signature of an adult should be required on the sponsorship form for any young person under the age of 18 taking part in Ride + Stride.
3. That each County Churches Trust draws up its own General Risk Assessment an example of which may be obtained from the National Churches Trust.
4. That their General Risk Assessment is reviewed annually by the County Churches Trusts.
5. The Standard Formula is the responsibility of the Ride + Stride National Committee. Changes may be proposed by County Churches Trusts in accordance with the procedures set out in the Ride + Stride National Committee Constitution.

Ride + Stride Standard Formula July 2014