

## Renewing your Countryside Mobility Annual Membership by post

To enable us to renew your membership please post the following items to us and we will send you a new Annual Membership card:

**1. Completed and signed Annual Membership Renewal Form**

Please ensure that you have first read the Terms and Conditions of Use and the Health and Medical guidance. You will find these on the following pages.

**2. A cheque made payable to 'Living Options Devon' for £10.00**

Please post the completed form and cheque to the following address:

**3 – 4 Cranmere Court, Lustleigh Close, Exeter, EX2 8PW**

If you are a tax payer you can help Countryside Mobility grow by also filling in the Gift Aid declaration.

We look forward to receiving your renewal and enabling you to continue exploring.

### The Countryside Mobility Team

Tel: 07958 517919 Email: [info@countrysidemobility.org](mailto:info@countrysidemobility.org)

<input type="checkbox"/>	If you no longer wish to be contacted by Countryside Mobility please tick the box and give your name, postcode, and membership number below and return in the envelope provided.		
<b>Name:</b>		<b>Post Code:</b>	
<b>Membership Number:</b>			

[info@countrysidemobility.org](mailto:info@countrysidemobility.org)  
[www.countrysidemobility.org](http://www.countrysidemobility.org)

Countryside Mobility  
 c/o Living Options Devon  
 Ground Floor Units  
 3-4 Cranmere Court  
 Lustleigh Close  
 EXETER EX2 8PW

**Tel / SMS 07958 517919**

Countryside Mobility is an initiative of Living Options Devon  
[www.livingoptions.org](http://www.livingoptions.org)

Charity No.1102489 Company Guarantee No.4925281



## Medical and Health Information

### 1. The following requirements are essential for your safety:

- The recommended maximum weight to operate a Trampler is 25 stone (159kg).  
At specific sites this may be lowered slightly due to the characteristics of the terrain.
- You should be able to read a vehicle number plate from a distance of 6 metres and have no significant visual impairment that would prevent you from reading safety signs, avoiding obstacles or other hazards.
- You should have sufficient upper body strength, upper limb mobility and hand dexterity to grip both Trampler handlebar grips securely and operate the twist grip.

### 2. You should consult your doctor before using a Trampler if:

- You have a medical condition that causes / could cause seizures or convulsions; or that affects / could affect your memory, level of consciousness or alertness, balance, mood, or anxiety levels
- You have a history of back problems or spinal conditions

### 3. Learning difficulties or developmental conditions:

- Trampler users must have sufficient learning abilities to understand information presented by the instructor, be able to operate and safely control the Trampler, identify and avoid hazards, and to react to changes in the surrounding environment.

## Terms and Conditions of Use

understand I am responsible for my own safety, that I must use the Trampler as instructed by site staff and with regard for the safety of other visitors at sites
understand that I can only use the Trampler on recommended routes that have been safety audited and explained to me by staff at the hire location. If I choose to take the Trampler on any other routes or areas understand this may affect my safety and do this entirely at my own risk.
agree to note potential hazards that site staff bring to my attention, and understand that the route conditions may change depending on the weather.
understand that I will need to be accompanied by a non-disabled person at some sites.
If using the Trampler unaccompanied at a site that permits this, I will carry a working mobile phone and site emergency telephone number, and follow any additional safety procedures given to me by site staff.
I am 14 years of age or older. If aged 14-18 years old I will always be accompanied by a parent, guardian, personal assistant or carer regardless of whether a site permits users to be unaccompanied.
understand CMSW provides third party insurance and that this insurance is only valid if I abide strictly to the Terms & Conditions of use (not provided at 'affiliated sites' – please check with site for details).
In the event I cause accidental damage or injury to third party property, and need to make an insurance claim but can claim under another policy, I understand CMSW insurers will only pay a share of the claim and that I must supply CMSW with the name and policy number of my insurance company.
agree not to use the Trampler when under the influence of alcohol or drugs, or medication which could affect my ability to safely operate the Trampler.
agree not to do anything to the Trampler except to make any necessary adjustments to the seat and handlebar controls and I will not hang anything on the Trampler handlebars or arm-rests.
will not allow anyone else to use the Trampler, carry passengers or animals, or be in control of a pet on a lead (registered Assistance Dogs permitted)
agree to notify staff of any incident, accident, damage or operational difficulty involving the Trampler and complete a statement detailing the circumstances.
will return the Trampler within the agreed time and understand that failure to do so will initiate emergency/recovery procedures
agree to leave photo ID or car keys for security, which will be returned to me when I return the Trampler in the same condition as when it was issued
agree not to leave the Trampler unattended, unless I have removed the key and kept it with me, and it is not causing an obstruction
agree to pay the full cost of any necessary repairs resulting from <u>misuse</u> of the Trampler

Countryside Mobility, Living Options Devon, 3&4 Cranmere Court, Exeter, EX2 8PW

01392 459222

info@countrysidemobility.org

www.countrysidemobility.org

**MEMBER DECLARATION – TO BE SIGNED BY APPLICANT  
(or parent or guardian if the person named below is under 18)**

Medical and Health Information	I declare that I have read and understood the Health and Medical guidance and I DO NOT HAVE any health or medical conditions that could affect my safety <u>or</u> I HAVE CONSULTED A MEDICAL PROFESSIONAL and have been advised that it is safe for me to use a Tramper.
	I agree to accept responsibility for omissions regarding my health or medical condition and understand this could endanger my safety and might put other people at risk.
Terms and Conditions of Use	I declare that I have read and agree to abide by the Terms and Conditions of Use and will operate the Tramper safely. I understand that if I disregard these Terms and Conditions of use that I may be endangering my personal safety and that CMSW or the host site will not be liable for any accidents or injury.
Insurance	I understand that CMSW provides me with third party insurance when using a Tramper and that this insurance is only valid if I abide strictly to the Terms & Conditions of use.

Signature:			
Date:		Membership No: (letters & numbers)	
Title:		First Name:	
Surname:			
Home Address:		Post Code:	
Email Address:	Help us save on postage – please provide your email address:		
Home Phone:		Mobile Phone:	



**Help Countryside Mobility grow!**

I want to Gift Aid my donation of £\_\_\_\_\_ and any donations I make in the future to Living Options Devon.

By ticking this box I confirm I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Please notify Living Options Devon if you:

- want to cancel this declaration,
- change your name or home address;
- no longer pay sufficient tax on your income and/or capital gains.

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

By Email	By Post	Tick all the boxes that apply to tell us how you'd like to hear from us (please note that email allows us to save money and send more regular updates)
		I would like to receive occasional updates and newsletters from Countryside Mobility
		I would like to receive updates about the charity that runs Countryside Mobility – Living Options Devon

**Privacy notice:** please see our Privacy Policy at <https://livingoptions.org/privacy-statement> or contact us by phone or letter to request a paper copy