

# KANGAROO ISLAND

Thu 22 - Sun 25 Oct 2020



# Ride

for

# SICK KIDS



Ronald McDonald  
House Charities®  
South Australia

# RONALD MCDONALD HOUSE CHARITIES®

**Ronald McDonald House Charities South Australia (RMHC SA) continually strives to make a positive impact on the health and wellbeing of children with serious illness and disability, and their families.**

Our work begins when the family arrives on the doorstep but extends far beyond to the care, support and connection that continues for years to come.

Doctors agree that the House has a dual benefit, as studies have shown that children who have their families close by respond better to treatment.

As RMHC SA receives no ongoing government funding, we rely upon community support and fundraising to assist our mission to provide quality family centred care to hundreds of families each year.

McDonald's Australia and its local franchisees provide major support to the charity's operations so that your donation helps even more families of seriously ill children in Australia.

RMHC has a wide range of programs to help children with illness and disabilities and their families across Australia, all focused on making the journey to recovery as easy as possible. They include:

## **Ronald McDonald House®**

Hospitals can be scary places for children. From a shoulder to cry on to a kiss-goodnight, having family around can make all the difference when you're stuck in hospital. Our 18 Houses give the families of seriously ill children somewhere to stay close to the hospital where they are receiving treatment.

## **Ronald McDonald Family Room®**

Not every family visiting a child in hospital needs to stay overnight. But that shouldn't mean long hours spent in an uncomfortable waiting room. Our eighteen Family Rooms provide families visiting a sick child a comfortable place to relax and refresh during their visit.

## **Ronald McDonald® Learning Program**

Every day a sick child is out of school, they miss out on valuable lessons. With a Learning Program based in each state, we help children improve their skills and catch up with what they've missed, making a return to school less stressful.



## **Ronald McDonald Care Mobile®**

Children living in rural or remote communities don't always have access to the same level of healthcare as those living in more populated areas.

In partnership with Royal Far West, our Care Mobile will regularly visit rural areas of NSW, giving local children access to healthcare services they may otherwise miss out on.

## **Ronald McDonald® Family Retreat**

Our six Family Retreats give families with a seriously ill child, or those suffering from the death of a child, the necessary opportunity to take a break, spend some much needed time together and grow stronger.

**All proceeds from the RMHC Ride for Sick Kids SA will be donated to Ronald McDonald House Charities South Australia to help fund its programs and services.**





# RMHC® RIDE FOR SICK KIDS SA KANGAROO ISLAND TOUR

Join us for a unique and challenging event and help make a difference to children with serious illness and injuries and their families who stay at Ronald McDonald House® South Australia. The many families that visit the House face daily challenges and it is in that spirit that riders are encouraged to tackle each stage of the ride and embrace the team activities and events along the route.

Kangaroo Island (KI) was severely affected by bushfires earlier this year so it was decided to take the RMHC Ride for Sick Kids to KI in 2020 to help inject some much-needed money into the local economy.

We will spend three days exploring the island before making our way back through McLaren Vale for our final night of the ride.

The team will arrive back at Ronald McDonald House SA on Sunday 25 October and will be welcomed by the families who are staying at the House, family and friends.

So join the team for this amazing 4-day adventure!



## PLAN B

Should COVID-19 restrictions force us to cancel the Kangaroo Island 4-day ride we will run a virtual ride. We will provide further details on this event should we need to action this plan.

### **Express your interest in the RMHC Ride for Sick Kids SA today!**

Riding to raise much needed funds for Ronald McDonald House Charities® South Australia.

- On road support vehicles & crew
- Accommodation — twin share
- All meals provided
- Community celebration event
- RMHC Ride for Sick Kids SA cycling kit provided and off-bike team uniform

# TOUR OVERVIEW

We will meet at Ronald McDonald House SA on Wednesday 21 October, pack our bags and bikes into our gear truck, board our team bus and head off for Kangaroo Island together.

On Day 1, the team will set off in a peloton of 30 riders, including 3 lead riders, plus a lead and follow team car to support the team on the road. We will spend the first two full days on KI, exploring this stunning part of South Australia, taking in the beautiful sights. The bushfires have certainly changed the landscape, but mother nature is already working her magic and the trees and plants are already starting to sprout.

The ride will depart KI on the SeaLink KI Ferry on Day 3 as we head towards McLaren Vale, where we will enjoy our final dinner together as a team.

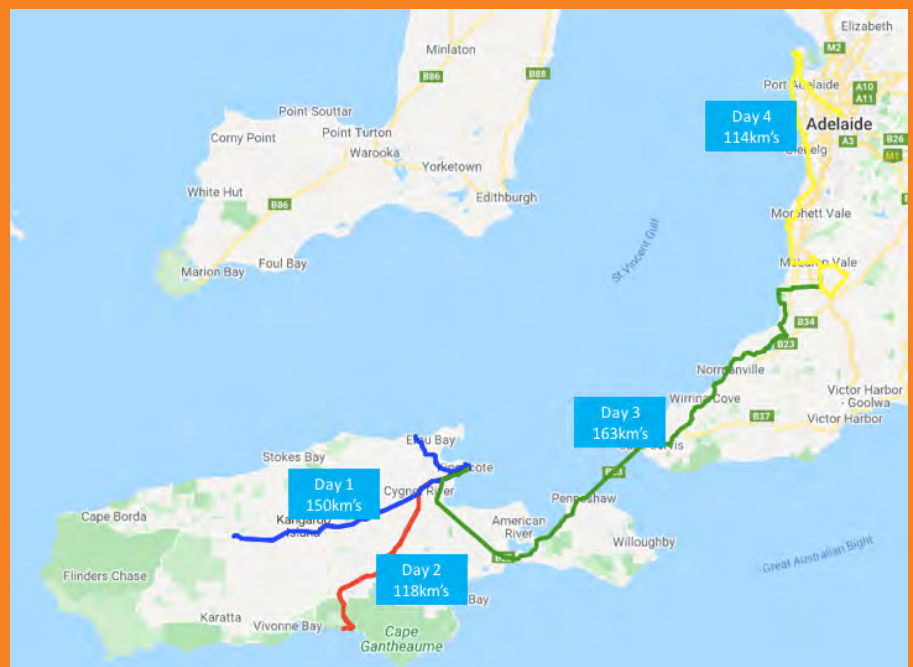
Day 4 will take us back to Adelaide where we will finish back at Ronald McDonald House SA.

Riders will be fully supported by an on-road support crew including bike mechanic and first aid. Accommodation and meals will be provided to ensure the riders are well rested and fuelled up for the long days of riding ahead. You will be a part of South Australia's ninth RMHC Ride for Sick Kids and identified by a branded cycling kit and off bike uniform.

Safety is our number one priority. COVID-19 safety measures such as hand sanitisers in all support vehicles, drink bidons with names on them, face masks for use while in vehicles and many others will be implemented. We will provide you with training advice to ensure you arrive at the event fit and ready to ride safely in the bunch. However, should you be struggling to keep up with the team, you may choose to utilise the support vehicle and take a break.

Riders will be required to provide their own bike, helmet, shoes, wet weather gear, and pay the tour mechanics for any repair costs incurred whilst on the RMHC Ride for Sick Kids SA.

This is your chance to be part of the RMHC Ride for Sick Kids SA, so sign up and help seriously ill kids and their families. It'll be an experience you'll never forget!



# THE SCHEDULE

## Wednesday 21 October

Today the team will meet at Ronald McDonald House SA, 271 Melbourne Street, North Adelaide. Bikes and bags will be packed into our gear truck before we all load into the team bus for the drive down to KI. The bus ride will be a great opportunity to get to know each other.

To ensure you are ready for the challenge ahead, you will need to attend the rider briefing which will provide you with details of the first stage route, rider etiquette and we'll introduce you to the Support Crew who will be looking after you. We will then enjoy our first team dinner together to get to know each other. We encourage you all to sit with people you don't know so you get to meet a great new bunch of people.

## STAGE 1

**150km & 825m**

**KANGAROO ISLAND LOOP**

**Thursday 22 October**

Following a fun night of getting to know each other over a wonderful meal at the Ozone Hotel in Kingscote, we will head off for our first day on the bikes. There are limited sealed roads on KI so it will be an out and back ride, but this will provide us with an opportunity to really take in the beauty of this island.

We will be riding through some of the worst affected areas by the bushfires earlier this year. But the great news is that the area is already starting to recover and the bushland is starting to come to life once again. On the way back into town we will divert north, up to Emu Bay, before arriving back at our accommodation.

## STAGE 2

**118km & 654m**

**KANGAROO ISLAND SEAL BAY LOOP**

**Friday 23 October**

Another morning of not having to pack our bags will be welcomed after a long ride the day prior.

Today we are heading out to Seal Bay, where you'll have incredible views of the extraordinary coastline and sea lion colony. You'll need to pack some thongs into the support car this morning so you can join us for a walk through an untouched dune system, and onto a pristine sandy beach. What an amazing location for morning tea!

We will arrive back in Kingscote in time for lunch. This will provide you with plenty of free time in the afternoon to go exploring before dinner.



"This event is more than a cycling event, it's a community of friends joining together and supporting each other to achieve an amazing result and support families at their time of need"



## STAGE 3

**163km & 1,873m**

**KANGAROO ISLAND TO MCLAREN VALE**

**Saturday 24 October**

Today is the "Queen Stage" as the team will tackle the most challenging climbs of the tour. However the rewards are some of the most spectacular views available in South Australia. There will be some tired legs as we roll into McLaren Vale.

Our final dinner together will provide the team with the opportunity to reflect on what you have all achieved together. Not just on the bike but also how you have made a real difference in supporting the families of Ronald McDonald House SA.

## STAGE 4

**114km & 975m**

**MCLAREN VALE TO ADELAIDE**

**Sunday 25 October**

Today you will have the option of leaving early to climb the famous Willunga Hill or sleeping in and joining the early riders as they come back through McLaren Vale.

The ride from McLaren Vale to Adelaide will stick to the coastline, but there are still a few rolling hills to get over before we arrive back at Ronald McDonald House SA.

There will be some happy faces as we roll into the finish line as we will be welcomed by family, friends and families who are staying at the House. Time to celebrate!



# TOUR INFORMATION

## Accommodation

Accommodation will be provided for riders and support crew and will be twin share (where possible). In small towns and subject to availability, the team may be spread across multiple accommodation venues.

## Meals

Breakfast and evening meals will be provided and all on road meals will be catered.

## Kit

To raise awareness of the ride, you will be provided with, and be expected to wear the team kit.

Riders will receive:

- 1 x RMHC Ride for Sick Kids SA jersey and knicks
- 1 x RMHC Ride for Sick Kids SA polo shirt

You will also have the option to purchase additional items prior to the event (prices TBC).







## **Commitment to Work**

The RMHC Ride for Sick Kids SA is a challenging and rewarding event, dependent on the commitment of riders and support crew to work as a team and support each other. Submitting your Expression of Interest for the 2020 RMHC Ride for Sick Kids SA indicates that you are willing to participate enthusiastically in team activities and tour events, including the community celebrations, school visits and any fundraising activities in localities the Tour will pass through.

## **Support Crew**

Luggage will be transported between tour locations by the support crew. Support when riding each stage includes a mechanic, first aid, support vehicles and a front and rear lead rider.

Dedicated crew members will ensure all aspects of the ride are catered for including hotel check- in, laundry, meals and hospitality.

## **Rider Etiquette**

Detailed documentation and a daily briefing will be provided to ensure rider safety and enjoyment.

## **Rider Training**

You will be provided with a training program to help you prepare for the event. Monthly training rides will also be organised for those living in Adelaide.

Our Ride Director, Bade Stapleton from Connect Sport Australia, will also be available to provide further advice on training and preparation for the event.

Each rider will be expected to arrive fit and ready to ride consistently and confidently at 28-35kmph in a bunch. To ensure the safety of all our team there will be no sustained pushing of riders. If you are unable to keep up with the team you may need to take a break in the support vehicle.

# FUNDRAISING TERMS

## Riders

- You agree to a minimum fundraising commitment of \$3,000.
- You will pay a non-refundable registration fee of \$250 within seven (7) days of being notified that you are a successful applicant to the RMHC Ride for Sick Kids SA. If you do not pay your registration fee within this time, RMHC Ride for Sick Kids SA reserves the right to cancel your application and re-allocate riders in its sole discretion.
- You agree to meet the following fundraising milestones (or provide plans for fundraising activities to reach your target):
  - \$500 by end July 2020
  - \$2,000 by end September 2020
  - \$3,000 by the start of the ride
- The \$250 rider registration fee will be refunded if fundraising of \$5,000 or above is reached in recognition of your achievement.
- You understand that should you fail to meet the minimum fundraising commitment (or don't have suitable plans in place to achieve your goal), you will not be able to participate in the event.







## Support Crew

- You're encouraged to raise a minimum of \$250 to be part of the Support Crew Team.

## Riders & Support Crew

- To assist you in meeting the balance of your Fundraising Commitment, Ronald McDonald House Charities South Australia will provide you with fundraising support including: a fundraising web page which will be supported by a sophisticated online fundraising system with all the tools you need for success.
- A tax deductible receipt will be issued by Ronald McDonald House Charities South Australia on receipt of all payments under these terms.
- The RMHC Ride for Sick Kids SA will set milestones in relation to fundraising activities and you agree to use your best endeavours to reach these milestones.
- You agree to use every effort to reach or exceed your fundraising commitment.
- If at any time you withdraw or fail to complete/participate in the RMHC Ride for Sick Kids SA any donations and funds raised by you will be non-refundable as all funds will continue to be directed towards Ronald McDonald House Charities SA.

### Personal Details

Name:

Address:

State:    Postcode:

Phone:

Mobile:

Email:

Date of Birth:

Company:

Occupation:

Position:

### Riding Ability

Yes/No

RMHC Ride for Sick Kids SA requires you to ride in a bunch of 30 riders - are you confident riding in a bunch?

☐ ☐

Are you able to consistently & confidently ride at 28-35km in a bunch?

☐ ☐

How many kilometres do you ride weekly?

 km

If you are unable to keep up with the bunch you understand that you may be required to take a break in the support car as there will be no pushing assistance from lead riders.

☐ ☐

#### 4 Day Ride

Are you capable of riding 150km in a day, over 4 consecutive days?

☐ ☐

Are you available between Wed 21 October - Sun 25 October 2020?

☐ ☐

Are you happy to participate in a virtual ride if we need to cancel this ride due to COVID-19?

☐ ☐

### Your Bike

Yes/No

You will use a Road Bike (not a time trial bike, BMX, eBike, mountain bike, hybrid bike or single speed bike) which has been fully serviced prior to the tour? (Note: All riders are encouraged to have new tyres to reduce the instance of punctures).

☐ ☐

### Fundraising Terms

Yes/No

#### 4 Day Ride

You understand the fundraising requirements detailed in this Expression of Interest, including the requirements to raise a minimum of \$3,000 and a \$250 registration fee.

☐ ☐

You understand if at any time you withdraw from the Ride for Sick Kids SA your registration fee and funds raised will not be returned.

☐ ☐

RMHC SA maintains a strong commitment to provide a safe environment. It is our policy that event participants consume alcohol responsibly and do not exceed the legal limit prior to riding or driving. Do you agree to these terms?

☐ ☐

### I agree to the Fundraising Terms for the 2020 RMHC Ride for Sick Kids SA

Note: As a condition of participating both Riders and Support Crew will be required to sign an additional release/waiver document.

Signature:

Date:

#### By Email:

Please return your completed Expression of Interest by PDF and email to: **bade@connectsport.com.au**

#### By Post:

Connect Sport Australia  
Bade Stapleton, 14 Apollo Quay, Trinity Park, Qld 4879.

#### Enquiries:

Bade Stapleton 0407 114 439 or  
Email: **bade@connectsport.com.au**



### Personal Details

Name:

Address:

State:    Postcode:

Phone:

Mobile:

Email:

Date of Birth:

Company:

Occupation:

Position:

### About You

	Yes/No
Are you available between Wed 21 October 2020 - Sun 25 October 2020?	<input type="checkbox"/> <input type="checkbox"/>
Do you have a heavy vehicle license (please note this is not a requirement)?	<input type="checkbox"/> <input type="checkbox"/>
Do you have a first aid certificate (please note this is not a requirement)?	<input type="checkbox"/> <input type="checkbox"/>
Have you had any experience helping other charity bike rides?	<input type="checkbox"/> <input type="checkbox"/>

### Other Experience

Please include any other relevant experience which may be relevant:

### Fundraising Terms

Yes/No

You understand the fundraising requirements detailed in this Expression of Interest, including raising a minimum of \$250 to be part of the Support Crew Team.

☐ ☐

You understand if at any time you withdraw from the RMHC Ride for Sick Kids SA your funds raised will not be returned.

☐ ☐

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Ronald McDonald  
House Charities®  
South Australia

# RMHC RIDE FOR SICK KIDS SA RIDER RELEASE AND INDEMNITY

I  of

Email:

Phone:

Work:

Mobile:

State as follows:

1. As a condition of participating as a volunteer in the 2020 RMHC Ride for Sick Kids SA ("the Event"), I hereby agree that:

(a) The Organizers will not be in any way responsible for and are released and discharged from any claim or action (including, but not limited to, a claim or action based on negligence) which I or my legal personal representative might otherwise have against the Organizers in relation to death, injury, damage or loss of any kind including loss of or damage to property suffered by me in connection with the Event or my participation as a volunteer in the Event; and

(b) I will indemnify and will keep indemnified the Organizers from and against all claims, liabilities, damages, loss, costs (including legal costs on a solicitor client basis) and expenses suffered or incurred by the Organizers or any of them whatsoever including for loss or damage to property or injury or death suffered by any person, arising out of or in any way relating to my acts or omissions as a volunteer in the Event.

2. As a further condition of participating as a volunteer in the Event, I warrant that I will:

(a) comply with all reasonable instructions and directions in relation to the conduct of the Event given to me by the Organizers or any person authorised to give such instructions and directions;

(b) obey all relevant Australian road rules and comply with any other relevant laws;

(c) have read and will comply with any other relevant rules, etiquette, guidelines or procedures relating to the Event (including any updated versions).

3. I agree that if I do not comply with any of the provisions in this document then the Organizers may immediately terminate my participation as a volunteer in the Event and I must then cease all involvement with the Event. I agree to indemnify and keep indemnified the Organizers against any claims, actions, loss, costs, liabilities or damage arising out of any failure by me to comply with the provisions of this document.

4. I am aware that as a volunteer in the Event I may have exposure to public roads and traffic (motor vehicle and bicycle) and I acknowledge and agree that exposure to public roads and traffic is a potentially dangerous activity which carries with it a risk of injury or death.

5. I understand that at the Event I may be photographed and/or filmed. I agree to allow my name, photo, video, image, any statement made by me or film likeness (Personal Material) to be used for any purpose by Ronald McDonald House Charities (RMHC) or McDonald's Australia Limited (MAL) including but not limited to any advertising, promotional, educational or other material or campaign, website or online application that RMHC or MAL may run from time to time (including corporate publications, corporate briefings and events) worldwide, for such period they deem appropriate. The use above may include associating any of the Personal Material together with any image in any medium and in any context which advertises or promotes RMHC or MAL or any products or services offered by RMHC or MAL. I agree that any use by RMHC or MAL of Personal Material will be without payment to me and without seeking my further consent. I acknowledge that all proprietary rights including any intellectual property rights in any promotional material that includes my Personal Material (including all material adapted there from) will be owned exclusively by RMHC, and to the extent necessary, I hereby assign to RMHC any existing and future rights, including any intellectual property rights that I would otherwise have in the Personal Material or promotional material created out of it.

6. In this document, the term "the Organizers" includes:

(a) McDonald's Australia Limited and its directors, officers, employees, agents, franchisees and consultants;

(b) Ronald McDonald House Charities South Australia and their incorporated body Allan Campbell & WCH House Inc;

(c) Connect Sport Australia Pty Ltd and its directors, officers, employees, agents and consultants;

(d) any person or body promoting, organising or managing the Event; and

(e) any person providing assistance in relation to the promotion, organisation or management of the Event.

Signature:

Date:   /   /

Witness:





Ronald McDonald  
House Charities®  
South Australia

# RMHC RIDE FOR SICK KIDS SA

## SUPPORT CREW RELEASE AND INDEMNITY

I  of

Email:

Phone:

Work:

Mobile:

State as follows:

- As a condition of participating as a volunteer in the 2020 RMHC Ride for Sick Kids SA ("the Event"), I hereby agree that:  
(a) The Organizers will not be in any way responsible for and are released and discharged from any claim or action (including, but not limited to, a claim or action based on negligence) which I or my legal personal representative might otherwise have against the Organizers in relation to death, injury, damage or loss of any kind including loss of or damage to property suffered by me in connection with the Event or my participation as a volunteer in the Event; and  
(b) I will indemnify and will keep indemnified the Organizers from and against all claims, liabilities, damages, loss, costs (including legal costs on a solicitor client basis) and expenses suffered or incurred by the Organizers or any of them whatsoever including for loss or damage to property or injury or death suffered by any person, arising out of or in any way relating to my acts or omissions as a volunteer in the Event.
- As a further condition of participating as a volunteer in the Event, I warrant that I will:  
(a) comply with all reasonable instructions and directions in relation to the conduct of the Event given to me by the Organizers or any person authorised to give such instructions and directions;  
(b) obey all relevant Australian road rules and comply with any other relevant laws;  
(c) have read and will comply with any other relevant rules, etiquette, guidelines or procedures relating to the Event (including any updated versions).
- I agree that if I do not comply with any of the provisions in this document then the Organizers may immediately terminate my participation as a volunteer in the Event and I must then cease all involvement with the Event. I agree to indemnify and keep indemnified the Organizers against any claims, actions, loss, costs, liabilities or damage arising out of any failure by me to comply with the provisions of this document.

- I am aware that as a volunteer in the Event I may have exposure to public roads and traffic (motor vehicle and bicycle) and I acknowledge and agree that exposure to public roads and traffic is a potentially dangerous activity which carries with it a risk of injury or death.
- I understand that at the Event I may be photographed and/or filmed. I agree to allow my name, photo, video, image, any statement made by me or film likeness (Personal Material) to be used for any purpose by Ronald McDonald House Charities (RMHC) or McDonald's Australia Limited (MAL) including but not limited to any advertising, promotional, educational or other material or campaign, website or online application that RMHC or MAL may run from time to time (including corporate publications, corporate briefings and events) worldwide, for such period they deem appropriate. The use above may include associating any of the Personal Material together with any image in any medium and in any context which advertises or promotes RMHC or MAL or any products or services offered by RMHC or MAL. I agree that any use by RMHC or MAL of Personal Material will be without payment to me and without seeking my further consent. I acknowledge that all proprietary rights including any intellectual property rights in any promotional material that includes my Personal Material (including all material adapted there from) will be owned exclusively by RMHC, and to the extent necessary, I hereby assign to RMHC any existing and future rights, including any intellectual property rights that I would otherwise have in the Personal Material or promotional material created out of it.
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(d) any person or body promoting, organising or managing the Event; and  
(e) any person providing assistance in relation to the promotion, organisation or management of the Event.

Signature:

Date:   /   /

Witness:

# MEDICAL INFORMATION FORM

## 2020 RMHC® Ride for Sick Kids SA - Health information form:

Name:  DOB:

Local Doctor name/suburb:  Phone no if known:

### Emergency Contact Details:

Name:  Relationship to you:  Mobile Number :

Do you or have you suffered from any of the below *(please include conditions that you are medicated for)*

### Yes/No

Hypertension / Other Heart related conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Irregular Heart conditions (AF, SVT etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Asthma / Other Respiratory conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Epilepsy / Other neurological conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Diabetes / Other Endocrine Disorders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Fainting Episodes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Do you have a pacemaker inserted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Do you have any infectious/communicable diseases	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Are you Pregnant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Have you ever had a Stroke or Heart Attack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>

Do you have any other past/current medical conditions or significant previous surgeries?

### Medications

Current medications (prescription and/or over the counter)

Medical-in-confidence

**Allergies:**

Yes / No

Do you have any cultural restrictions regarding intravenous medications being used in the event that you are unconscious

Yes / No

Any other health issues/comments:

Declaration: I am happy for these details to be made available to the RMHC Ride for Sick Kids SA medical support team. I understand they may be shared with other health professionals as required in the event of illness or injury.

Signed:

Date:

Please feel free to discuss any of this in person with a member of the medical support team

**Medical-in-confidence**