

RIDER/CREW PACK



2021

“My Kids” Postie Bike Ride 2021

The postie bike challenge has been organised to raise awareness of the work we do at Bridge Builders, in not only impacting the lives of the young people but also their families

Bridge Builders is a non government funded charity that relies solely on donations and fund raising.

Our CEO Phil Stenhouse OAM has put out this challenge to as many people that are willing, to either join him on a postie bike and ride, or donate to the cause.

RIDE INFO

DATE: 21st - 25th October 2021

COST:

RIDERS - \$750 (food, fuel, accommodation 5 days)

SUPPORT CREW - \$750 (food, fuel, accommodation 5 days)

DEPART: 21st October @ 7.00am approx.

RETURN: 25th October @5.00pm approx.

RIDER: BYO Postie Bike

RAISE: \$1000.00 for charity (Riders)

DONATE: www.mycause.com.au/events/mykidspostiebikeride

Itinerary

October

Thursday 21st	Lilydale to Apollo Bay
Friday 22nd	Apollo Bay to Hamilton
Saturday 23rd	Hamilton to Echuca
Sunday 24th	Echuca to Bright
Monday 25th	Bright to Lilydale

WHAT TO BRING (weather permitting)

Toiletries Shampoo & Conditioner Hair Products Toothbrush & Tooth Paste Soap Deodorant Female Hygiene Products Thongs for Showers Towel Hair Dryer Sun Tan Lotion Valuables at own risk.	Clothing Jumper x 1 Long Sleeve Top x 1 T-Shirts x 2 Shorts x Track Suits x 2 Pyjamas Underwear Socks Comfortable Shoes Sun Hat
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Please Note:

- Spending money \$50.00 - \$100.00 may be required to spend in towns on treats or souvenirs
- GO PRO, Phones and Cameras are requested if available.

Expectations for Crew

While in town we ask that you help with raising funds for Bridge Builders, how can you help:

- **Assist riders with what they need, including handling their luggage**
- **Hand out Bridge Builders Flyers**
- **Tin Rattle around town**
- **Take Photos of crew and fun happenings**
- **Bridge Builders uniform to be worn in all towns**
- **Smile, Have Fun and Enjoy yourself**

Example Script for Bridge Builders promo

Bridge Builders is a Youth Charity that is not for profit and isn't government funded. We are based in the eastern suburbs of Melbourne VIC and we are changing the lives of young people aged 12-25 across Victoria and beyond. We use events, programs and leadership development to build skills and assets that help young people to create positive opportunities for their own futures and others.

We are pleased to announce you have been invited to attend the "My Kids" Postie Ride 2021. Please read the following information carefully, then sign and return to Bridge Builders via email beck@bridgebuilders.com.au , fax 9739 5631 or post to Bridge Builders P/O Box 473 Mt Evelyn 3796.

Please note you **will not** be able to attend the "My Kids" Postie Ride without all forms completed and signed.

Reply Slip

I hereby give permission for myself to attend the 2021 "My Kids" Postie Ride as outlined above. In the event of illness or accident I authorise the leader in charge of the event to consent, where it is impracticable to communicate with me, to receive such medical or surgical procedures as may be deemed necessary, and accept any responsibilities for payment of any expenses thus incurring.

Name: _____

Date: _____

Signature: _____

Contact Number: _____

Payment of: \$ 750

Payment for riders through Mycause.

Payment Options for crew:

☐ **Cash, or Cheque/Money** order made out to Bridge Builders Ltd

☐ **Credit Card:**

Name on Card:

Card Number: / / /

Expiry Date: / CVV: /

☐ **Direct Transfer/EFT:**

Account Name: Bridge Builders Ltd

BSB: 633-000 Account Number: 117764258

Bank Name: Bendigo Bank Mt Evelyn

Reference: your name

_(please fill out all information required).

NAME:

DOB:

HOME ADDRESS:

HOME PHONE:

NEXT OF KIN:

NEXT OF KIN MOBILE NUMBER:

FAMILY DOCTOR:

CONTACT NO:

MEDICARE No:

Ambulance Cover:

Consent to Medical Attention

If I am needing medical attention and are incapacitated, I authorise the Leader in charge to:

- Consent for me to receive such medical or surgical treatment as deemed necessary by a medical practitioner.
- Administer such first-aid as deemed necessary by the Medical Officer (qualified First Aider)
- Administer the correct recommended dose of paracetamol as required for minor ailments such as a headache etc.

Yes ☐

No ☐

Request to Dispense Medicine (please include Panadol/ paracetamol/ etc)

Be given / allowed to take:

(Name of Medication; if more than one Medication please fill out details on separate A4 paper and staple together to the back of these forms including all over the counter medications)

At _____ in dosages of _____ (times) (ml or tablets)

At _____ in dosages of _____ (times) (ml or tablets)

For the Medical Condition:

Any other relevant comments:

Signed:

Date:

Media Disclosure

I hereby, understand that I may be photographed, filmed and/or approached by media representation and by Bridge Builders Team during and after The Postie Ride. I understand any media released by Bridge Builders and/or by affiliated media representation may be used for current and future promotional purposes.

Yes ☐

No ☐

ALL DOCUMENTATION COMPLETE YES / NO

Participants Signature:

DIETARY REQUIREMENT AND OTHER SPECIFICATIONS

DIETARY REQUIREMENTS:

DIETARY: Yes No

Provide Details:

SPECIAL NEEDS:

NEEDS: Yes ☐ No

Provide Details:

FOOD ALLERGIES: Yes ☐ No

Provide Details:

PERSONAL CARE NEEDS: Yes ☐ No

Provide Details:

What is your coffee/tea/hot choc order? (Yes, we are serious 😊)

OTHER: Yes No

Provide Details: