

Heart of England Cycling Club

In Case of Emergency (ICE)

In the unlikely event of something unfortunate happening to you while you are on an HoECC ride, such that you and/or your bike need retrieving, please state who you would wish to be contacted.

Your name: _____

Your Contact's name: _____

Relationship to You: _____

Their Address (if appropriate)

Their phone number(s): _____

email _____

Please keep this with you while riding with us in a reasonably accessible and obvious place.

You may also want to put details under ICE on your mobile phone address book