

1 Rider Details

First Name:		Surname:			
Gender:	Male / Female	Date of Birth:		Age:	
Address:					
		Postcode:			
Home Tel:		Mobile:			
Email:					
Cycling Club: (if appropriate)					

2 Emergency Contact Details

First Name:		Surname:		
Relationship to Rider:		Home Tel:		
Work Tel:		Mobile:		

3 Medical and Specific Needs

Please give details of any medical or health conditions that might affect your participation in cycling and what support/modifications are needed:

Please list any medications you take on a regular basis:

Please give details of any specific needs of which the coach should be aware, and what support/modifications are required:

4 Other Rider Information

Previous cycling experience:

What other sports do you participate in regularly? How often?

Why are you attending the sessions?

What do you want to achieve from the sessions?

In the long term, what do you want to achieve from your participation in cycling?

Please detail any other specific information that is relevant to participation in cycling activity sessions:

Parental/Guardian Consent for Participating in Coaching Sessions on the Public Highway

I, being the parent/guardian of _____, have read the information on this form and the following notes, and consent to my child taking part in the coaching sessions conducted on the public highway. My child is 12 years old or older and can cycle at a level equivalent to, or exceeding, the Level 2 Cycle Training Standards*.

I understand and agree that my son/daughter participates in coaching sessions under the instruction of British Cycling coaches entirely at his/her own risk. I have considered the nature of such sessions and have discussed them with my son/daughter. I am satisfied that my son/daughter is sufficiently responsible and competent to assume full and entire responsibility for his/her own safety while on the public highway.

*In summary, the Level 2 Cycle Training Standards requires riders to:

- start and finish an on-road journey
- observe the environment and factors that may affect their riding
- signal their intentions to other road users
- ride on the correct part of the road they are using
- pass side roads, parked or slower moving vehicles
- turn right and left on a major and minor road
- take the correct carriageway lane when they need to (eg at roundabouts)
- demonstrate a basic understanding of the Highway Code.

Notes

- You are giving consent for your child to participate in coaching sessions conducted on the public highway.
- It is part of the *British Cycling Code of Conduct* to ensure that reasonable steps are taken to establish a safe environment where young riders can enjoy developing their cycling skills. Parents/guardians are welcome to stay and watch the session but this is not compulsory.
- Young riders are expected to remain in the session from beginning to end, unless they have to leave early. If the rider has to leave early, or is being collected by someone other than the parent/guardian, the parent/guardian must advise the coach of the details of the arrangement, including who will be collecting the rider.
- Any young riders who persistently misbehave or put others in danger will be asked to leave the sessions and will not be allowed to attend in future.
- It is the parent's/guardian's responsibility to ensure that his/her child's bike is in a safe condition to ride. All riders must wear a cycling helmet at all times during the coaching sessions.

Please ensure you make a note of any medical conditions your child has or you feel the coach should know about (in Section 3). If you have any concerns about your child participating in any form of physical activity, please consult your GP before giving permission for your child to take part in the coaching sessions.

Signed: _____

Date: _____

COACH USE ONLY

Any other relevant information regarding the rider (eg preferred learning style, stage of development or ability)