

Cycle Club Ashwell

Youth Activities Parental Consent Form 2018

General Coaching Session Notes

- 1 It is part of the British Cycling Code of Conduct that reasonable steps are taken to establish a safe environment where the young riders can enjoy developing their cycling skills.
- 2 Parents / Carers are quite welcome to stay and watch the session, but this is not compulsory (unless stated for the session)
- 3 Children are expected to remain in the session from beginning to end unless they have to leave early. If the child has to leave early or is being collected by someone other than the Parent / Carer, the Parent / Carer must advise the coach of the details of the arrangement including who will be collecting the rider.
- 4 It is the young rider's responsibility to participate in cycling competitions in a sporting manner.
- 5 Any young riders who persistently misbehave or put others at risk will be asked to leave the session.
- 6 It is the parent's responsibility to ensure that their child's bike is in a safe condition to ride.
- 7 A correctly fitting, approved cycling helmet **must** be worn at all times during the coaching sessions.
- 8 For all children under 12yrs, coaching sessions will take place in a traffic free facility. However, some children (over 12yrs only) may be involved in coaching sessions that take place on the public highway. Children are only invited to take part when coaches feel they are sufficiently responsible for their own actions and have developed the necessary bike handling skills and fitness levels in order to cope with riding on the public highways.

Road training on the public highway Notes

- 1 These are training session on open roads by a British Cycling Level 3 Road and Time Trial Coach
- 2 Riders are expected to be able to ride to the Level 2 Cycle Training Standards which are:
 - 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.
- 3 Riders must be at least 12 years of age.

Club Runs Notes

- 1 These are club rides, not coached sessions which may be with other children or adult club members.
- 2 Where Under 18's are expected on club rides there will be, when possible, a CRB checked adult accompanying the ride.
- 3 Riders must be at least 12 years old unless accompanied by a parent or guardian for the whole ride.
- 4 It is recommended that Under 14's are accompanied by a parent or guardian on the ride.
- 5 It is recommended that you are familiar with the likely duration and distance of the ride and consider whether your child is capable of completing that distance.
- 6 Your child should make themselves known to the ride leader who can check they are on the right ride for their capabilities.
- 7 Your child should take the following items with them, water based drink, snacks, basic tools and spare inner tube, pump, rain jacket and fully charged mobile phone.
- 8 Your child should be capable of carrying out basic roadside repairs such as fixing a puncture.
- 9 You should be available to pick up your child if they have a problem on the ride.

Emergency contact details to be completed by parent/carer

Please indicate below the person that should be contacted in case of an incident/accident.

Contact Name _____ Relationship to child _____

Emergency contact number:

Home _____ Mobile _____

Parental Consent

I, being the parent/carer of _____ have read the information contained on this form and hereby consent to him/her taking part in the coaching sessions indicated below and understand and agree that he/she participates in coaching sessions under instruction by British Cycling coaches entirely at his/her own risk. I have considered the nature of such sessions and have discussed them with him/her. I am satisfied that he/she is sufficiently responsible and competent to assume full and entire responsibility for his/her own safety under the supervision of a British Cycling coach. I confirm that he/she does not have disability or medical condition that could affect his/her ability to ride safely as a cyclist.

Coaching Sessions – Please sign next to the sessions you give consent for

Signature	Session
	Freewheel (the bike has a freewheel) club coaching sessions at the club field or similar facility.
	Grass Track session on fixed wheel bike at club field or similar facility.
	Hard Track session using a fixed wheel bike e.g. at Welwyn, Newport or Manchester tracks.
	Off-site, off-road rides which may cross or travel along minor roads for short distances.
	Evening, floodlit Cyclo-Cross training at Knights Templar Sports Centre.
	BMX training at Royston BMX track
	Road training on the public highway (12+ only) – please read supporting notes
	Club runs (12+ only) – please read supporting notes.
	Indoor roller training sessions (Helmets recommended for novices)
	Road training on a closed road circuit such as at RAF Henlow or Hog Hill.

Medical Information

Please detail below any important medical information that our coaches/club should be aware of (e.g. epilepsy, asthma, diabetes,)

Medical condition(s) and recommended treatment/actions to be taken if symptoms occur.

If you have any concerns about your child participating in any form of physical activity, then please consult your GP before giving permission for your child to take part in any coaching sessions.