



SPORTS DEVELOPMENT – BIKEABILITY CONSENT FORM



To be completed by all participants and returned to school office prior to course delivery.

PERSONAL DETAILS

FULL NAME:		MALE <input type="checkbox"/>	FEMALE <input type="checkbox"/>
DATE OF BIRTH:	AGE:		
HOME ADDRESS:			
		POSTCODE:	
CONTACT NUMBER:	MOBILE:		
EMAIL ADDRESS:			
SCHOOL OR COLLEGE:		SCHOOL YEAR:	

DISABILITY / MEDICAL INFORMATION

Would you consider your child to have a disability?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
If yes, please state the type of disability and if any special considerations are needed:		
Does your child have any medical information we should be aware of?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
If yes, please state:		
Does your child take any medication that we should be aware of?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
If yes, please state:		

COURSE INFORMATION

Cycling Ability

All participants must be able to ride a bike unaided prior to undertaking the course. Any child who cannot ride a bike unaided will not be able to undertake the training. One of the most frequent reasons for a child failing to complete the Level 1 standards is that they cannot lift a hand off the handlebar to signal and look around them. If your child is struggling with this it may be of benefit for you to attempt to help them with this before the course to give them the best possible chance of being able to undertake the full two day course thus learning a full range of road cycling skills.

Helmet Fit

It is important that your child's helmet is checked and fits accordingly following the guidelines stated below.

- Fit - The helmet should fit snug on the child's head. It should be secure enough so as not to move around or rock back and forth, yet it should not be so tight it is uncomfortable. The foam pads inside the helmet may be changed to give a better fit if needed.
- Position - The helmet should sit level on the child's head, low on their forehead but not covering their eyebrows
- Buckles - The buckles on the side straps and under the chin may be adjusted. This should be done accordingly and should be secure yet comfortable.
- Side Straps - The side straps of the helmet should be adjusted to fit the child. They should sit in a V shape just under the child's ears to prevent the helmet moving from side to side.
- Chin Strap - The chin strap should be adjusted so it is secure yet comfortable. It is advised that room between the chin and the strap allows for two fingers to be moved between the chin and the chin strap.

Any helmet that has been involved in a crash or is damaged is not safe and should thus be replaced.

Key Requirements

- All helmets should be comfortable for the child to wear; it should not cause them any discomfort or distraction.
- The helmet must cover the child's forehead
- The chin strap and side straps are adjustable and should therefore be altered as fit to prevent the helmet moving around.

All helmets will be checked at the beginning of delivery for correct fit and any signs of damage.

Bicycle Condition

Children's bikes must be in a roadworthy condition with two working brakes, pumped tyres and the seat should be in a suitable safe riding position.

Only minor adjustments can be made to bikes during delivery. Children will be taught a basic safety check throughout the course. Any bike that is

Not in a roadworthy condition cannot be used to undertake the training.

Can your child ride a bike without the aid of stabilisers? YES NO

Does your child have their own roadworthy bike for the training? If no, please inform the school who may be able to arrange a loan YES NO

Does your child have their own cycle helmet that meets the requirements as set out above? If no, please inform the school who may be able to arrange a loan YES NO

DOES YOUR CHILD REQUIRE A LOAN BIKE IF ONE IS AVAILABLE? YES NO

Can your child raise one hand from the handlebars as if to signal whilst riding their bike? YES NO

Can your child look about and behind them whilst riding their bike? YES NO

EMERGENCY CONTACT INFORMATION

PRIMARY CONTACT:

Name:

Relationship to child:

Contact No:

ALTERNATIVE CONTACT:

Name:

Relationship to child:

Contact No:

Parent/Guardian Disclaimer

As parent/guardian of the child named on this form, I give permission for him/her to undertake the Bikeability Cycle Training course delivered by Sports Development on behalf of the school named above. The Level 1 part of this course will take part on the school playground. The Level 2 part will take part on roads near to the school. (This is always fully risk assessed and route assessed before delivery. The school are also informed of the intended routes.)

I confirm that the child named above is able to ride a bike unaided by an adult or stabilisers. I understand that I am responsible for ensuring that his/her bicycle is roadworthy for the duration of the course and that children whose bike's are not roadworthy may not be able to take part in the course.

Both days must be attended for the child to achieve Bikeability Level 2 standard. I understand that if a child does not attend the first training day it is not possible for them to participate in the remainder of the course. I also understand that if the child cannot reach a Level 1 standard of cycling on the playground they will not be taken on the roads for the Level 2 part of the course.

I understand that my child must wear a helmet that is suitably fitting, fit for purpose and undamaged.

I understand that Lincs Inspire Ltd and the Sports Development Unit are under no liability in respect of loss or injury, which the participant may sustain, other than death or personal injury resulting from negligent acts of its employees or agents. I authorise emergency treatment to be administered if necessary during the activity by the appropriate person/people. I consent to photographs being taken during the activity which may be used in any publicity/promotional material including web pages produced by Lincs Inspire Ltd.

Signed (parents/guardian/carer):

Date: