



Rider Information and Coaching Consent



This form should be completed by all riders participating in coached sessions or prescribed training from a British Cycling qualified coach. You should read the appendix carefully before providing consent.

1 Rider Details

| | | | | |
|-----------------|---------------------------------|-------------------------------|-------------------|------|
| First name: | | Surname: | | |
| Gender: | <input type="checkbox"/> Female | <input type="checkbox"/> Male | Date of birth: | Age: |
| Address: | | | | |
| | | | | |
| Home telephone: | | | Mobile telephone: | |
| Email: | *IMPORTANT FOR UPDATES | | | |

2 Emergency Contact Details (please give two contacts)

| | | | |
|------------------------|--|-----------------|--|
| First name: | | Surname: | |
| Relationship to rider: | | Home telephone: | |
| Work telephone: | | Mobile: | |

| | | | |
|------------------------|--|-----------------|--|
| First name: | | Surname: | |
| Relationship to rider: | | Home telephone: | |
| Work telephone: | | Mobile: | |



3 Medical and Specific Needs

It is your responsibility (or that of a parent/guardian/carer if under the age of 18) to provide the coach with details of any medical or health conditions, allergies, or dietary or other specific needs that might affect your ability to participate in cycling. Please note that a coach is unable to provide guidance or make decisions relating to medical or health conditions. Rather, if you have any concerns about participating in any form of physical activity, please consult with your GP before signing the consent form.

| |
|--|
| Please give details of any medical or health conditions, allergies, or dietary or specific needs that might affect your participation in cycling and what support/modifications are needed by the coach. |
| |
| Please list any medications you take on a regular basis. (This information may be required by the emergency services in the event of an accident) |
| |

4 Arrival and Departure Arrangements

Important Note: For this series of Beacon RCC coaching we would expect somebody to stay at the coaching in case the child needs some assistance. The playing fields are across the road from the toilets at Rowheath Pavilion so you may be needed!

The meeting point for the coaching will be on the playing fields, NOT at the Pavilion.

Please arrive promptly (or ten minutes early if possible) so that bike and helmet checks can take place by 6.35pm. Arrive after 6.35 and you may not be able to take part for safety reasons as you may have missed the bike checks and warm up.

Please give the name and contact details of the person who will be staying (if different to the emergency contacts)

| | | | |
|------------------------|--|-----------------|--|
| First name: | | Surname: | |
| Relationship to rider: | | Home telephone: | |
| Work telephone: | | Mobile: | |



5 Rider Information

| |
|--|
| Previous cycling experience. |
| Why are you attending the sessions and what do you want to achieve? |
| Do you be interested in trying any racing or getting into racing? E.g. Under 8 West Midlands races |
| Do you have any siblings that may be interested in future coaching sessions? What is their age? |
| Would your Mum and/or Dad be interested in getting more information about getting into cycling? |
| Please detail any other specific information that is relevant to participation in cycling activity sessions. |



6 Parental/Guardian/Carer Consent for Riders Under the Age of 18

I have read and understood the information on this form and the coach has satisfactorily answered any questions I have asked. I understand and agree that my child participates in coached sessions and/or training prescription entirely at their own risk. I confirm that the information I have provided is correct and complete to the best of my knowledge.

| Type of Consent | | Circle as Appropriate | |
|---|--|-----------------------|--|
| Consent for participation in coaching activities in a traffic-free environment. | | Yes / No | |
| Consent for appropriate photographs and videos for coaching and promotional purposes. Any photographs would be taken in accordance with British Cycling Guidance (http://www.britishcycling.org.uk/safeguarding) so would be general cycling activity, racing or prize giving in nature. These may be placed on the Beacon RCC website, Beacon Academy Facebook Page, Beacon RCC Facebook Page, or Rowheath Pavilion Facebook Page. If you have any questions about this please contact the Welfare Officer (Dave Cox) or Tim Egan (coach and admin of the Beacon Academy Facebook Page). | | Yes / No | |
| Name: | | | |
| Relationship to rider | | | |
| Signature | | Date: | |
| Coach name: | | | |
| Coach signature | | Date: | |

PLEASE NOTE THAT PARTICIPANTS MUST BE IN POSSESSION OF A WELL FITTING CYCLING HELMET WHICH MUST BE WORN THROUGHOUT COACHING SESSIONS.

IT IS ALSO ADVISABLE TO BRING GLOVES A DRINK AND SUITABLE CLOTHING FOR THE SESSION AND TO KEEP WARM AFTERWARDS.



Appendix: Notes for Riders and Parents/Guardians/Carers

A1 Data Protection

The information provided on this form will be used for the purposes of providing you/your child with coaching services throughout the year. This information will be stored, processed and destroyed in accordance with the principles of the Data Protection Act 1998.

A2 Bike, Helmet and Clothing

It is the responsibility of the rider (or their parent/guardian/carer if aged under 18) to ensure that their bike, helmet and clothing is appropriate, well maintained and in a safe condition prior to participating in every session. Riders must wear a helmet which complies with current safety regulations when riding their bike.

A3 Traffic Free Environments

- Riders under the age of 12 are only permitted to participate in coaching activities in a traffic-free environment.
- In some instances, it may be necessary for the coach to move riders from one location to another, which may require limited use of the public highway. For example, moving from the meeting point to the coaching area, or between coaching areas. Riders under the age of 18 will be under the coach's direct supervision throughout the route.
- Young riders are expected to remain in the session from beginning to end. If a rider has to leave early or is being collected by someone other than the parent/guardian/carer, the coach must be informed of this arrangement, including who will be collecting the rider.
- All riders are expected to behave in a manner that does not impact on the fun and safety of other riders. The coach may exclude riders who persistently misbehave or put other riders in danger.