

# CYCLE TRAINING: PARENTAL CONSENT FORM

## Pupil Details

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Age: \_\_\_\_\_

Email: \_\_\_\_\_

Ethnicity: \_\_\_\_\_

School: \_\_\_\_\_

Postal Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Home Telephone No: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Emergency Contact Tel: \_\_\_\_\_

Please give details of any medical or health conditions that might affect your child's ability to cycle and what support/modifications are needed:

\_\_\_\_\_

\_\_\_\_\_

Please list any medications your child takes on a regular basis:

\_\_\_\_\_

Please give details of any specific needs that the Instructor should be aware of, and what support/modifications might be needed:

\_\_\_\_\_

Signed: \_\_\_\_\_

Application forms without correct details or signed parental consent will not be accepted.

Please turn over for terms and conditions

Please tear along this line



**BIKEABILITY**  
**BOLTON**

**Bolton**  
**Council**

# BIKEABILITY BOLTON

1 bikeability

Basic cycle control skills including starting and pedalling, stopping, manoeuvring and using the gears.

2 bikeability

Real cycling experience and makes trainees feel safer and capable of dealing with traffic on short journeys on the road.

3 bikeability

Trains riders to make journeys in a variety of traffic environments and in all types of road conditions, competently, confidently and consistently.

## What you need to know before the course

Cycle Training is being delivered by Bolton Council. Your child will be offered high quality Cycle Training which will hopefully inspire them to continue cycling either for transport, leisure or sport.

## It is necessary to obtain consent for your child to take part in the Bikeability course

If you wish your son / daughter to participate, then please read the following information and complete and sign the parental consent form. You or your child will then need to return the form to school before the course.

All Bikeability Instructors are fully qualified and have received training in Safeguarding and Protecting Children, and have been checked and cleared through the Disclosure and Barring Service (DBS). Any information provided about your child will be kept confidential and secure. It will only be used for the purpose of contacting you or your child regarding future events.

## What your child needs to bring to the course

- A cycling helmet must be worn at all times during the activity.
- Children must bring a roadworthy bike\*, on which they can, as a minimum, balance and ride along (pre Bikeability balance training may be available in your area if this is not the case).
- All bikes will be checked before the start of the course but no repairs will be made.
- We advise appropriate clothing be worn for outdoor activities.

\*Please refer to the bike check opposite for details.

If your child does not have a helmet you can book these in advance of the course, using the details provided below.

**Please note that equipment is subject to availability and must be booked at least one week prior to the course.**

# BIKE CHECK

To take part in a Bikeability Course, your child will need a roadworthy bike, which must:

- be in good working order
- have two brakes that work
- be fitted with a free wheel
- be an appropriate size to allow your child to participate safely in the session.

## How to check your child's bike before the course:

Bikeability Instructors will check your child's bike before the course and if their bike is deemed to be unsafe, your child will not be able to take part in the session. You can help to ensure your child can take part in each session by completing a simple bike check, following three basic steps.

Please tick the boxes below to show that you have checked your child's bike and that it meets these minimum requirements.

- Air** – check tyres are inflated
- Brakes** – check that both brakes work
- Controls** – check the handlebars are tight and the chain is lubricated.
- My child does not have a bike**



# BIKEABILITY

## BOLTON

To Book Contact:

**Sport and Active Living Service**

**01204 332323**

[sportandactiveliving@bolton.gov.uk](mailto:sportandactiveliving@bolton.gov.uk)



## Parental Consent (Under 16 Years)

It is necessary to obtain your consent for your child to take part in a Cycle Training session. If you wish your son/daughter to participate, then please read the following information. All Bikeability Cycle Training Instructors are fully qualified, have received training in Safeguarding and Protecting Children, and have been checked and cleared through the Disclosure and Barring Service (DBS). Any information provided about your child will be placed on a database maintained by Bolton Council and will be kept confidential and secure. It will only be used for the purpose of contacting you or your child regarding future Bikeability Cycling events. Bikeability may take photographs/video footage during the event. These could be used in training resources, placed on the website, or for general publicity purposes. If you do not wish for photographs/video footage of your child to be used, please advise us of this.

## Notes

- Any participants who persistently misbehave or put others in danger will not be allowed to continue and will be asked to leave the course.
- A cycling helmet must be worn at all times during the course.

**Parental Consent:** I declare that I have read the information and declare that I have the right to give parental consent, and hereby consent to my child taking part in the Cycle Training.

**Please sign overleaf.**