

MID CORNWALL SPORTS NETWORK

BIKEABILITY PARENTAL CONSENT FORM



WHAT IS BIKEABILITY? Bikeability is the national cycle training programme supported and funded by the Department for Transport. The course builds the skills and confidence of children who can already ride. Bikeability can not only make children better cyclists - potentially for the rest of their lives - but can help with general confidence and independent thinking. All of our Bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors. Visit www.bikeability.org.uk for more information



Level 1 takes place in an off road environment and teaches riders how to control and master their bikes



Level 2 gives participants on-road experience in residential traffic to help them prepare to make short journeys by bicycle



Level 3 teaches individuals the skills to ride effectively on more complex roads and in further challenging traffic situations



COURSE INFORMATION	WHAT WILL YOUR CHILD NEED?
Bikeability Level (s) - 'edit as required' Number of sessions - 'edit as required' Dates - 2018/19 - 'edit as required' Year groups - 'edit as appropriate' Timing - 'edit as appropriate' Cost - 'edit as appropriate'	<ul style="list-style-type: none"> A complete consent form (see section overleaf) A roadworthy bike without stabilisers (see checklist overleaf) A helmet if required Suitable clothing for the weather conditions

FURTHER INFORMATION FOR PARENTS This course develops the cycling skills and confidence of children who can already cycle. Please ask your school about Bikeability Balance and Bikeability Learn to Ride if your child can't already cycle. To benefit from Bikeability, your child must attend every session and practice what they learn after training. Bikeability skills and confidence will be lost without regular cycling. Bikeability engenders enthusiasm while building skills and confidence to cycle more safely, more often. Please support and encourage your child to continue cycling after training.

HOW TO BOOK Bikeability places are limited and places will be booked on a first come basis. Please complete and return a consent form (see overleaf) to school as soon as possible.

FREE HALFORDS BIKE CHECK, DISCOUNT VOUCHER AND PRIZE DRAW Overleaf we show you how to safety check your bike, however why not also get a professional mechanic to check over your bike free of charge, through our exclusive partnership with Halfords, the nation's biggest cycling retailer? All you need to do, to receive some amazing incentives, is register at: bikeability.org.uk/participants-hub

REGISTER NOW TO RECEIVE THE FOLLOWING FROM HALFORDS:

1. A free bike safety check by a trained mechanic at all stores nationwide
2. A voucher with money off incentives (exclusive money off discounts for Bikeability participants and their families)
3. Entry into a prize draw to win a free Carrera kids bike

Once registered you will receive an email confirming your free offers.

PARENT/ GUARDIAN – CONSENT FORM Please read the following information before completing and returning the consent slip to your child's school. I understand that:

1. I agree to my son/daughter taking part in cycle training.
2. My son/daughter can already ride (may be refused if not).
3. The instructors may refuse to train my child if they deem his/her cycle to be unroadworthy.
4. It remains my responsibility to ensure my child does not ride an unroadworthy bike and if I am in doubt as to whether a cycle is roadworthy, I should seek the advice of a professional mechanic.
5. Instructors may at any time refuse to continue to train my child if his/her behaviour or cycling ability is deemed unsuitable.



www.bikeability.org.uk

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6. Mid Cornwall Sports Network will not be responsible for any injury or liable for any loss or damage to participant's cycles and other belongings.
7. I agree for my child to wear a helmet, which I will provide.
8. I consent to the Bikeability instructor 'adjusting' my child's helmet if required, however I confirm they are not responsible for the physical condition or appropriate fitting of the helmet.
9. I understand that pupil data collected will be used to support the delivery and monitoring of training sessions/courses. See bikeability.org.uk/privacy-statement/ for further details.
10. I agree to encourage my child to practice between each session and after the completion of training.

Full Name of Child:	
School:	
School Year:	
Are there any medical/ educational needs we need to be aware of?:	

If you are happy for your child to be photographed and/or filmed to help promote Bikeability, please tick here ☐

I confirm that I have read all the information enclosed and in the 'Parental Consent Form' and consent to my child (or the above child for whom I take responsibility) to take cycling lessons and related activities, which may include cycle maintenance as well as riding on the public highway. I understand that this information is retained by my child's school and used to ensure my child is eligible to undertake Bikeability training

Signed (parent/guardian) :	
Date:	

<i>Self Assessment for rider</i>	Quite Worried	OK	Quite Happy	Very Happy
How do you feel about signalling for 3 seconds with your left and right arm?				
How do you feel about riding your bike on the road?				



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Pre-course bike safety check

Visit Halfords online safety check www.halfords.com/cycling/bike-maintenance/care-plans/free-bike-check

Remember your...

A

AIR

B

BRAKES

C

CHAIN

before every ride

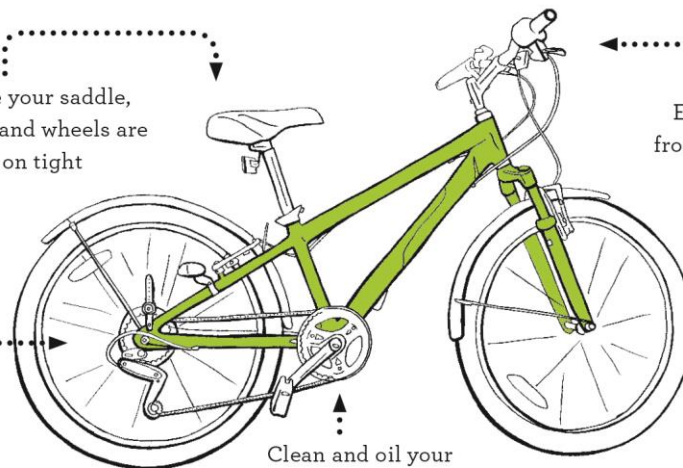
Make sure your saddle,
handlebars and wheels are
fixed on tight

Ensure both your
front and rear brakes
work properly

Run
through all
of your gears

Clean and oil your
chain regularly, to ensure
that it is running smoothly

Check your tyres are
pumped up



Department
for Transport

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