

# Cycling Club Hackney

## Rider Information and Parental Consent Form

Participating in Cycling Coaching Sessions and Cycle Maintenance classes.

### 1. Rider's Details

First Name:				Surname:			
Gender:	<input type="checkbox"/> Female	<input type="checkbox"/> Male	Date of Birth:		Age:		
Address:						Postcode:	
Home Tel:				Mobile:			
Email:							
Club HQ/bases contact information	<p>For 10-18yrs meet 9am (2-3h) Elsdale Community Hall Saturdays Elsdale Street London, E9 6PW £4-6.00 &amp; fully funded at Concorde Centre Saturdays (same times) plus Wednesdays after school (U13yrs) 3-5.30pm Kingsmead Way E9 5PP            Contact keir@cyclingclubhackney.co.uk 07957257972 or neil@cyclingclubhackney.co.uk            Fawcett Cycle Maintenance Club RESTSART TBC</p> <p style="text-align: right;"><a href="https://www.cyclingclubhackney.co.uk/">https://www.cyclingclubhackney.co.uk/</a></p>						

### 2. Emergency Contact Details

First Name:				Surname:		
Relationship to Rider:				Mobile:		
Work Tel:				Tel:		
				Home Tel:		

### 3. Medical and Specific Needs

Please give details of any medical or health conditions that might affect your participation in cycling and what support/modifications are needed
Please list any medications you take on a regular basis
Please give details of any specific needs that the coach should be aware of, and what support/modifications are needed

### 4. Ethnicity

<p><b>White</b> __ British __ Irish __ Gypsy/Irish Traveller __ Other white _____</p> <p><b>Mixed</b> __ White&amp;BlackCaribbean __ White&amp;Black African __ White&amp;Asian __ Other mixed _____</p> <p><b>Asian or Asian British</b> __ Indian __ Pakistani __ Bangladeshi __ Chinese __ Other _____</p> <p><b>Black or Black British</b> __ Caribbean __ African __ Other black _____</p> <p><b>Other Ethnic Group</b> --- Arab __ Any Other _____</p>
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## 5. Other Rider Information

Previous cycle riding and maintaining experience
What other sports do you participate in regularly?
What would you like to gain from joining CC Hackney's sessions?
Cycling to win races, just for fun or both?
Stage 1 Monitoring (before signing up & starting) How much do you value being part of a structured sports club? Lowly 1,2,3,4,5,6,7,8,9,10 highly How confident do you feel about riding and maintaining cycles? Lowly 1,2,3,4,5,6,7,8,9,10 highly How physically well do feel now? Lowly 1,2,3,4,5,6,7,8,9,10 highly
In the longer term what would you like to achieve from your participation in cycling?
Stage 2 Monitoring (6 months to a year after joining) How much do you value being part of a structured sports club? Lowly 1,2,3,4,5,6,7,8,9,10 highly How confident do you feel about riding and maintaining cycles? Lowly 1,2,3,4,5,6,7,8,9,10 highly How physically well do feel now? Lowly 1,2,3,4,5,6,7,8,9,10 highly Supporting comments and any feedback:
Please detail any other specific information that is relevant to participation in cycling activities
Stage 3 Monitoring (18 months to two years after joining) How much do you value being part of a structured sports club? Lowly 1,2,3,4,5,6,7,8,9,10 highly How confident do you feel about riding and maintaining cycles? Lowly 1,2,3,4,5,6,7,8,9,10 highly How physically well do feel now? Lowly 1,2,3,4,5,6,7,8,9,10 highly Supporting comments and any feedback:

## 6. Consent for Participating in Coaching Activities in a Traffic-Free Environment

### Parental/Guardian Consent

I, being the parent/guardian of *[insert name of child]* have read the information on this form and the following notes, and consent to my child taking part in the coaching sessions conducted in a traffic-free environment. I understand and agree that my son/daughter participates in coaching sessions under the instruction of British Cycling coaches entirely at his/her own risk. I have considered the nature of such sessions and have discussed them with my son/daughter. I am satisfied that my son/daughter is sufficiently responsible and competent to assume full and entire responsibility for his/her own safety under the supervision of a British Cycling coach.

### Notes

- You are giving consent for your child to participate in coaching sessions conducted in a traffic-free environment (eg not on the public highway). However, you should note that in some instances it might be necessary for the coach to move riders from one location to another, which may require limited use of the public highway. In these instances the riders will be under the direct supervision of the coach and it will not be part of a coaching activity. No coaching activities will be conducted on the public highway.
- It is part of the British Cycling Code of Conduct to ensure that reasonable steps are taken to establish a safe environment where young riders can enjoy developing their cycling skills. Parents/guardians are welcome to stay and watch the session but this is not compulsory.
- Young riders are expected to remain in the session from beginning to end, unless they have to leave early. If the rider has to leave early, or is being collected by someone other than the parent/guardian, the parent/guardian must advise the coach of the details of the arrangement, including who will be collecting the rider.
- Any young riders who persistently misbehave or put others in danger will be asked to leave the sessions and will not be allowed to attend in future.
- It is the parent's/guardian's responsibility to ensure that his/her child's bike is in a safe condition to ride. All riders must wear a cycling helmet at all times during the coaching sessions.

Please ensure you make a note of any medical conditions your child has/you feel the coach should know about in Section 3 of this form. If you have any concerns about your child participating in any form of physical activity, please consult your GP before giving permission for your child to take part in the coaching sessions.

Signed:		Date:	
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### COACH USE ONLY

**Any other relevant information regarding the rider (eg preferred learning style, stage of development, ability level, etc)**

FORM DETAILS CHECKED AND VERIFIED BY STAFF MEMBER BEFORE FILING

NAME.....

SIGNED.....DATE.....

# Code of Conduct for youth members

## As a member of Cycling Club Hackney should:

- Follow coaching/staff instructions.
- Provide feedback and monitoring information if asked for.
- Arrive for meetings, training and competition in good time.
- Wear suitable kit (including a helmet) and clothing for all cycling sessions.
- Play to the rules and respect officials and their decisions.
- Be a good sport and recognise everyone's endeavors are valid and positive.
- Do your best to enjoy and have fun!
- Be polite.
- Work equally hard for yourself and your club - any club is only as good as its members.
- Respect the rights, dignity and worth of all, regardless of their gender, ability, background or religion.
- Pay any due fees promptly.
- Members are not to consume un-prescribed drugs of any kind whilst representing the club.
- Treat all participants, as you'd like to be treated.
- If competing, cooperate with staff, club-mates and opponents; without them we wouldn't have races.
- Appreciate the work of organisers, volunteers, and officials.

As a youth member I understand that I should follow this code of conduct. I may be asked to explain myself to a CCH official and that I could be suspended or asked to leave the club if the issue is persistent or a serious one.

## Youth member to write here:

Signed.....

Print Name.....

Date.....