

# 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:			
Cycling club/ group:			

## 2 Emergency Contact Details

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

While riders under the age of 18 may travel to and from sessions unsupervised or may be accompanied by a responsible person who is not the rider's parent/guardian/carer, the coach has a responsibility to ensure that all riders leave the session safely.

If under the age of 18, please give details of typical arrival and departure arrangements, eg the names of people you authorise to accompany the rider, and/or whether the rider is allowed to depart alone or with friends.

## 5 Rider Information

Previous cycling experience.

What other sports do you participate in regularly? How often?

Why are you attending the sessions?

What do you want to achieve from the sessions?

In the long term, what do you want to achieve from your participation in cycling?

Please detail any other specific information that is relevant to participation in cycling activity sessions.

## 6 Consent for Riders Aged 18 Years and Over

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 I participate in coached sessions and/or training prescription entirely at my own risk. I have considered the nature of such sessions; I will participate in a safe manner and follow all reasonable instructions from the coach. I confirm that the information I have provided is correct and complete to the best of my knowledge.

Rider name:			
Signature:		Date:	
Coach name:			
Coach signature:		Date:	

## 7 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 moving from one location to another on the public highway (riders must be aged 12 or older).	Yes / No		
Consent for participating in prescribed training (riders must be aged 14 or older).	Yes / No		
Consent for appropriate photographs and videos for coaching purposes.	Yes / No		
Name:			
Relationship to rider			
Signature		Date:	
Coach name:			
Coach signature		Date:	

## 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.

### A4 Public Highway

When riding on the public highway, riders should be able to do so in a safe and competent manner. It is recommended that the rider should at least one of the following:

- Previously demonstrated in a traffic-free area, the riding skills required to ride on the public highway in a safe, confident and consistent manner
- Have substantial experience of riding on the road already
- Have attained at least Level 2 Bikeability.

### A5 Participating in Prescribed Training

- Only British Cycling Level 3 qualified coaches may prescribe training for individual riders.
- A coach may only prescribe training for individuals aged 14 years or older.
- Training prescription may include a variety of activities in a variety of environments including the public highway. These sessions may be prolonged and intense.
- Riders will be required to perform sessions without the supervision of a coach, so for riders under the age of 18, the parent/guardian/carer will be entirely responsible for their safety in such circumstances.
- For younger riders, one-to-one training should focus on learning how to train, rather than on specific performance goals. Therefore, it is recommended that only riders over the age of 16 participate in prescribed training.
- All riders participating in prescribed training must complete a Rider Profile form or equivalent.
- Riders are required to provide feedback to the coach regarding training, racing and any other factors that are likely to affect their cycling performance. This feedback is fundamental to the coaching process and the coach may cease to provide training prescription when not provided.