

## Age 16-18 Consent Form - Road Rides

Please fill this form for each ride and hand over to the ride leader at the start of the ride (it will be destroyed or returned to the rider after the ride is complete).

### Rider Details

First Name:

Surname:

Date of Birth:

Address:

### Rider Contact Details

Telephone:

Email:

### Emergency Contact Details

#### Primary:

Name:

Contact number 1:

Contact number 2:

Relationship to rider:

#### Secondary:

Name:

Contact number 1:

Contact number 2:

Relationship to rider:

## Medical and Specific Needs

Please give details of any medical or health condition that might affect your participation in cycling and what support / modifications may be needed. This should include any allergies. If you have any concerns regarding any medical condition, please contact your GP before signing the consent form.

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## Photograph consent

Do you consent to having photos of your child taken during club activities used by the club in the public domain (e.g. Facebook / website)

**Yes / No**

### **Requirements for 16 - 18 year old participation in HSW Club Road Ride events.**

In providing consent for your child to take part in this activity you are confirming to HSW that your child has the following experience, knowledge and appropriate equipment.

- They are a competent and experienced bike rider who is well able to complete the ride distance and speed indicated in the ride description.
- They have completed solo rides equal to the distance of the ride they wish to join.
- They are self sufficient when riding, able to complete basic on the go bike maintenance issues such as punctures.
- Their bike is well maintained and they possess and carry the required road side mechanical tools.
- All riders must wear a cycle helmet during club rides. Riders are also advised to have 3rd party liability insurance (through organisations such as British cycling or Cycling UK).
- The Highway Code rules for cycling will be strictly observed throughout all club rides and your child must understand his / her responsibilities in accordance with the rules.
- Any arrangements for collecting / meeting your child at the end of the ride should be agreed with the ride leader before departure. This may include allowing your child to cycle home from the end point of the ride.

# Consent

## Parental / Guardian Consent

I, being the parent / guardian of the child identified above, have read all the information on this form including the requirements for participation detailed above and give consent for my child to take part in the HSW organised club ride events conducted on both public and private roads. I understand and agree that the child identified participates under the guidance of an experienced ride leader entirely at his / her own risk. I have considered the nature of such rides and have discussed them with the child. I am satisfied that they are sufficiently responsible and competent to assume full responsibility for their own safety under the supervision of a ride leader.

In the event of the rider being unable to complete the ride (due to a mechanical issue which cannot be resolved) you consent that the rider may be left alone once contact has been made with yourselves to arrange recovery or homeward transport (e.g. taxi) - carrying a mobile phone is essential.

Parent / Guardian Name:

Signature:

Date: