



Our Expectations for Participants and the Club

These guidelines are to help ensure we all enjoy the classes we run and that we remain safe in them. Please respect these and the other participants who attend.

To help us run the Saturday classes effectively, safely and on time, your attendance is subject to the following rules:

- The minimum age for the sessions is 6 (six) years old at last birthday**
- Parents of under 8s must stay on site for the session
- Newcomers need to come to the 10:00 o'clock class first
- Attendance of the 11 o'clock class is subject to approval from a coach

You agree to

- arrive ready with your bike ready to ride
- not enter or play on circuit without permission
- behave and listen to all instructions from the coach
- never use bad or hurtful language
- not bully use violence or rough play
- keep yourselves and others safe
- report risky situations to the coach /welfare officer
- tell a grown up you trust, if you feel unhappy about anyone or anything at the club
- play fairly, not cheat and be gracious in defeat
- respect officials and accept decisions
- include all participants regardless of their gender, ability, disability, cultural background or religion
- thank coaches, officials and helpers.

As a participant you have the right to

- be safe
- be listened to and respected
- enjoy your sport in a protective environment
- be protected from abuse by any rider/coach/helper
- participate on an equal basis within your ability
- experience competition and the desire to win
- be believed
- ask for help.

Membership and consent

In applying for Membership, or signing the consent form, you agree to the above guidelines and consent to your child taking part in the coached sessions. You understand and agree that they participate under instruction by British Cycling (BC) coaches entirely at their own risk. You have considered the nature of the sessions and have discussed it with them. You are satisfied that they are sufficiently responsible and competent to assume full responsibility for their own safety under the supervision of a BC coach.

Medical information: If your child has any medical conditions you feel we need to know, please note them here. If you have any concerns about your child participating in any physical activity please consult your GP before consenting.

Name of child:	