

HHYCC 11.00 Session: Rider Information and Parental Consent Form for those participating in off-site rides. These rides will include some riding on the Public Highway



To enhance what we offer to our older or more experienced riders, the Herne Hill coaching team would like to occasionally take all of the 11.00 session riders off site to enjoy a local ride to places such as Crystal Palace Park, Norwood Country Park and Burgess Park.

The aims of these rides are to enjoy trails and different terrain away from the Velodrome and to prepare for perhaps going on the regular road and off road rides we run (see www.HHYCC.com for details). It is also very useful to have an alternative if our trails become too water logged to provide a decent coaching session and they are huge fun for the children. We will usually include a cake/ice cream stop! The coaches will take with them the emergency contact list held by the registration team.

Travelling from the velodrome to our destination will necessarily mean using public roads. We will only plan these rides when there are sufficient coaches and other adult riders to ensure there are adults at the front and back of all the riders. Cycling on roads, and particularly across difficult junctions, becomes much more difficult when in a large group. The layout of various junctions means that different methods may be used in different places, in order to negotiate them quickly and safely. You can expect that we will ask riders to stop, or to pull onto the pavement, sometimes at short notice, in order to provide instructions. All riders will need to concentrate so that they don't miss any of these signals and instructions.

Other road-users and park users EXPECT at all times to be treated with respect and caution. They may be elderly, or trying to manage dogs, or pushchairs and small children. They have a right not to be worried by a large group of riders behaving unpredictably or riding in a way that makes them feel at risk.

All riders must follow the Highway Code at all times. This includes: riding no more than two abreast and riding in single file to allow traffic to pass on narrow roads, obeying traffic lights and signs, not riding on pavements and however tempting not abusing other road users.

We recommend 'Silver' membership of British Cycling for all riders which will provide additional insurance when out on rides. This membership is free for the first year to youth riders who are members of a recognised club. http://www.britishcycling.org.uk/web/site/BC/mem/fb/membership_benefits.asp

Children attending the 11.00 session should always bring a drink and food, and be wearing a helmet and suitable clothing for the weather and therefore can join an off site ride if we plan this at short notice because of trail conditions. However, we will usually announce the 'ride out' session at least a week in advance so they can also bring some money with them for an ice cream/snack.

Any children that have medical conditions that may affect them off site, must ensure we are aware of this and that they are carrying any necessary medications such as Asthma pumps with them.

Parental Consent

1 Rider Details

First Name:		Surname:	
Emergency Contact/s		Relationship to Rider	
Medical Information			

Parental/Guardian Consent for Participating in Coaching Sessions on the Public Highway

I, being the parent/guardian of _____, have read the information on this form and the following notes, and consent to my child taking part in the coaching sessions conducted on the public highway.

I understand and agree that my son/daughter participates in off site rides with Herne Hill Youth Cycling Club, accompanied by 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 while on the public highway.

Notes

- You are giving consent for your child to participate in a group ride 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. In case of emergencies parents/guardians must be available and contactable during the ride.
- Riders are expected to remain in the group from beginning to end. Riders will return to the velodrome for 1pm in line with the usual end time of the session
- Any riders who persistently misbehave or put others in danger 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, and bring adequate drink, food, spare inner tubes and puncture repair kit.

Signed:		Date:	
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Additional information

If your child would like to be a confident road rider, it is free in most boroughs to take a Level 2 Cycle Training course for road riding (often this is provided by schools) which requires riders to:

- start and finish an on-road journey
- observe the environment and factors that may affect their riding
- signal their intentions to other road users
- ride on the correct part of the road they are using
- pass side roads, parked or slower moving vehicles
- turn right and left on a major and minor road
- take the correct carriageway lane when they need to (eg at roundabouts)