

# Rider Information and Parental Consent Form for Participating in Dulwich Paragon/Herne Hill Youth Cycling Clubs on the Public Highway



The Dulwich Paragon and Herne Hill Youth Clubs offer this opportunity for young riders over the age of 12 to join in a club ride with other older cyclists. This ride aims at a 15mph average speed and the route is fixed at 30 miles round trip out into the country lanes around Biggin Hill: Anerley Hill, Elmers End, West Wickham, Corkscrew Hill, Layhams Lane, Beddlestead, Church Hill, Rag Hill, Spinning Wheel, Grays Road, Cudham Lane, Downe, New Road Hill, Jackass Lane, West Wickham, Elmers End, Crystal Palace. **[Click here for a route map \(approx 1MB\)](#)** and **[click here for a route card](#)**.

We meet every 3<sup>rd</sup> Saturday of the month during summer months. Dates will be posted on both the [www.dulwichparagon.com](http://www.dulwichparagon.com) and on [www.hhycc.com](http://www.hhycc.com). The rides meet at 9:00am at **Café St Germain** on Crystal Palace Parade, leaving at 9:15am for a 2-2½ hour ride at a steady pace. When meeting at the cafe please be aware of pedestrians and try not to block the pavement in front of the cafe whilst you are waiting for the ride to begin. The coaches will be wearing Herne Hill Youth Club Jerseys

The riders are accompanied by British Cycling trained Coaches, and have full back up and support in case of emergencies.

All participating riders **must** be 'silver' members of British Cycling (to ensure adequate insurance cover). 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](http://www.britishcycling.org.uk/web/site/BC/mem/fb/membership_benefits.asp)

Please remember bring with you at least: 2 inner tubes, pump, drink, food, helmet and suitable clothing for the weather conditions, and some money. Also be sure to check your bike before you leave home to make sure everything is working properly.

**THE RIDE CAN ONLY ACCOMMODATE A LIMITED NUMBER OF YOUNG RIDERS AND PLACES MUST BE BOOKED IN ADVANCE** with this email address [dp\\_rides@hhycc.com](mailto:dp_rides@hhycc.com)

**All riders must follow the Highway Code at all times when riding with Dulwich Paragon. 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.**

If you have any further questions please email us at [dp\\_rides@hhycc.com](mailto:dp_rides@hhycc.com) or talk to any of the HHYCC coaches during the Saturday sessions.

## 1 Rider Details

First Name:		Surname:	
Gender:	Male / Female	Date of Birth:	Age:
Address:			
		Postcode:	
Home Tel:		Mobile:	
Email:			
Cycling Club: (if appropriate)			

## 2 Emergency Contact Details

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

### 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 of which the coach should be aware, and what support/modifications are required:

### 4 Other 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:

## 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. My child is 12 years old or older and can cycle at a level equivalent to, or exceeding, the Level 2 Cycle Training Standards\*.

I understand and agree that my son/daughter participates in group ride with the Dulwich Paragon Cycling Club and the Herne Hill Youth Cycle 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.

\*In summary, the Level 2 Cycle Training Standards 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)
- demonstrate a basic understanding of the Highway Code.

### Notes

- You are giving consent for your child to participate in 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.
- Young riders are expected to remain in the group from beginning to end, and if 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 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.

Please ensure you make a note of any medical conditions your child has or you feel the coach should know about (in Section 3). 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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### Check List:

1. Completed Consent Form
2. British Cycling Membership Card
3. Map
4. Puncture repair Kit (complete with spare inner tubes)
5. Helmet
6. Drink
7. Food (banana, energy bar)
8. Parents contact telephone number