

Cycle Training - Adult Consent Form

If you're thinking about getting on your bike, why not complete your Bikeability? It's fun. There are three Bikeability levels to help you become a better, safer cyclist. As you go through the levels you can safely go to more places on your bike.

Bikeability is the new National Standards scheme for the 21st Century replacing the Cycle Proficiency Scheme, giving you the skills and confidence to cycle in modern road conditions.

Level 1

During Level 1 Bikeability training, you will learn to control and master your bike. The training takes place in an environment away from cars or traffic usually in a playground or closed car park.

But don't stop at Level 1!

Level 2

During Level 2 Bikeability training you will get out on the roads! Level 2 gives you a real cycling experience so that you are able to deal with traffic on quieter roads. You will then be able to make short journeys such as cycling to work.

Or Level 3!

Level 3

During Bikeability Level 3 training you will learn the skills to tackle a wider variety of traffic conditions than on Level 2. When you reach Level 3 standard you will be able to deal with all types of road conditions and more challenging traffic situations.

Southend Road Safety Team

Name

*Male/ *Female

**delete as appropriate*

Address

Telephone Number

Any medical conditions e.g Asthma or special needs, etc that we need to be aware of

Would you like to receive further information by e mail from Cycle Southend, if so please provide e mail address in box:

Occasionally, photographs are taken of road safety activities for publication/promotion of the service. Please cross the box if you **DO NOT** wish your image to be used. Names will not be publicised with images. Please note that the Council does not have control of how images taken by the media are published.

Please read and sign the agreement overleaf and return to the Road Safety Team.



This is an agreement between Southend Borough Council and the undersigned. It relates to all cycle training run by Southend-on-Sea Borough Council on or after the date of this agreement.

I (FULL NAME, please print).....

will take lessons in safe, effective cycling.

Except in cases where Southend-on-Sea Borough Council supplies the bicycle I ride I understand that:

- i) the instructors may refuse to train me if they deem my bike to be unroadworthy,
- and
- ii) that it is my responsibility not to ride an unroadworthy bike.

I accept that the instructors may at any time refuse to continue to train me if my behavior is deemed to be unsuitable.

I understand that Southend-on-Sea Borough Council is not responsible for any injury or any loss or damage to my property or me unless caused by an instructor's negligence.

I understand that having undertaken training with Southend-on-Sea Borough Council I will be advised as to the level of competence I have reached. The course covers the very basics of safe of cycling and you will need to gain experience and confidence over time.

I understand that whether or not I wear a helmet and/or hi-viz tabard during training sessions, Southend-on-Sea Borough Council will not be liable for any consequences.

I undertake to make the instructors aware of any medical condition I have which may adversely affect the training. I understand that personal details held by Southend-on-Sea Borough Council may be given to the organisation that is wholly or part paying for my lesson, and that the organisation may contact me for the purposes of research or for monitoring standards.

Signature

Date

In case of an emergency contact no

A bit about you - this is used only to help the Council improve equality, information provided will remain anonymous and is completely optional.

To which of these groups do you consider you belong? (please tick one box only)

- White
- Black/Black British
- Asia /Asian British
- Chinese
- Other background
please specify

- Age
- 18-25
 - 26-34
 - 35-44
 - 45-54
 - 55-64
 - 65+