



# Outspoken!

Cycle Training



I consent to my child (or the following child for whom I take responsibility) **(FULL NAME of child in CAPITALS)**

\_\_\_\_\_ to take lessons in cycling and related activities, which may include cycle maintenance.

I understand that:

- i) The instructors may refuse to train my child if they deem his/her bike to be unfit for purpose, and
- ii) It remains my responsibility to make sure that my child does not ride a faulty bike and if I am in doubt as to whether a bike is roadworthy I should seek the advice of a professional mechanic.

I accept that the instructors may at any time refuse to continue to train my child if his/her behaviour or ability level is deemed to be unsuitable. I understand that Outspoken Training is not responsible for any injury or any loss or damage to which is not caused by an instructor's negligence and that Outspoken Training takes no responsibility whatsoever for any injury or any loss or damage to any property which occurs either on the way to or from a lesson or subsequent lessons.

My child will **(you must tick a box):**

- Not wear a helmet during lessons and understand that Outspoken Training will not be held liable for the results of any injury which it is later established may have been prevented by the wearing of a helmet

Or

- Wear the helmet that I provide and understand that Outspoken Training will not be held liable for the results of any injury which it is later established may have been caused by the wearing of my helmet. The instructor will advise on the fit of the helmet but will not necessarily be able to judge from its appearance if it is in good condition.

I understand my child's having taken part does not necessarily mean that it is safe for him/her to ride a bicycle. To become a proficient cyclist takes more practice than lessons of this kind can provide.

I understand that photography may take place solely for the purpose of advertising for Outspoken Training. *If you would prefer your child not to be photographed, please tick here*

I undertake to make the instructors aware of any medical condition my child may have which may adversely affect the training.

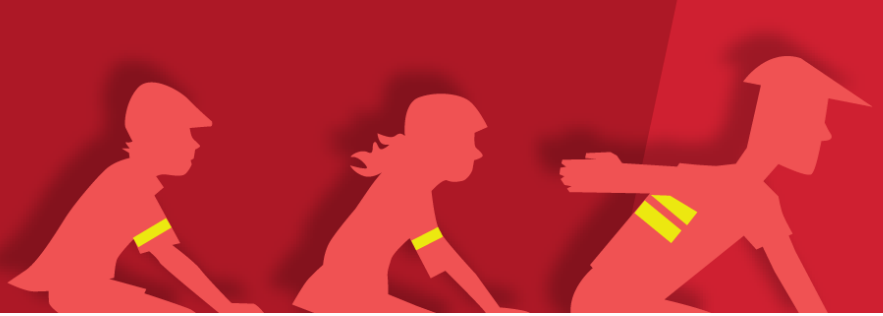
Any special or medical needs we should be made aware of (eg asthma, allergies, learning needs)

\_\_\_\_\_

Please be aware that training cannot take place without a signed consent form.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

(parent/guardian)



## Bike Check Notes

Parents should check their child's cycle before the start of the course. If, in the opinion of the instructor, the cycle is not roadworthy, pupils will not be allowed on the course. Faults are often easily put right but occasionally a new part is required. We would therefore like to draw your attention to the following:

### FITTING

Check that the cycle fits the child, i.e. that the balls of both feet are on the ground whilst sitting on the saddle with legs straight. See also that the handlebars are at a comfortable height. Adjust both these at intervals as the child grows.

### MECHANICAL CONDITION

A mechanically sound cycle is a safe cycle. Make sure that all parts are in good repair and no parts are too loose.

### TYRES

As on cars, worn tyres can cause crashes. Tyres must have a reasonable amount of tread and there should be no bald patches. The side walls should have no splits or bulges. Tyres must be inflated to the correct pressure.

### BRAKES

Brake blocks and cables should be in good condition and brake levers adjusted so that they can be operated with the minimum amount of pull. If the levers touch the handlebars in the 'on' position, the cables are too slack. Levers should be so placed that the child's fingers curve easily around them whilst the palm of the hand is on the grips. There is a variety of levers available, be sure that the ones fitted are suitable for your child.

### BEING SEEN

It is important that both the cycle and the rider can be seen by other road users. Cycles must always have at least a red rear reflector and if your child intends to ride in the dark or in poor weather conditions, then they must also have lights. The use of high visibility fluorescent and reflective garments is strongly recommended. During the on road course pupils will be provided with a fluorescent safety tabard.

### HELMETS

Helmets must conform to BS EN 1078:1997 or equivalent.

### BELL

We suggest that a bell or alternative warning device is fitted. The correct position is on the left of the handlebar within easy reach of the grip.