

Amersham Road Cycling Club

Parental Consent

A young cyclist is welcome to join one of Amersham Road Cycling Club's group rides when his or her parents judge that he or she is mature enough to cope with traffic and strong enough to complete the ride. As an example, a Sunday ride covers around 40 miles with a cafe stop around halfway - please check the website for further information.

Those under the age of 13 must be accompanied by an adult (parent or guardian) at all times.

Young people may find the experience of joining in a club ride less daunting if a parent or another trusted adult comes along at least to begin with. If, however, a young person (over the age of 13 and under 18) takes part unaccompanied, an adult club member needs to know that he or she is there with parental consent. The young person and his / her parents should read the "*Guide to Friction Free Riding*" which can be found on the Amersham Road Cycling Club website (www.amershamrcc.com).

The rides are not coached sessions and there is not an organiser with legal responsibility for other riders. A club ride is simply a group of riders on a joint excursion on the open road which may include sections on busy roads.

It is the responsibility of parents/guardians to ensure that participants' bikes are in a safe condition to ride. The riders are expected to be self-sufficient and should bring their own drinks, snacks and spare inner tube(s).

All participants under the age of the 18 must wear a cycling helmet at all times during club rides.

It is necessary to obtain parental consent for young people under the age of 18 to take part in club rides, whether accompanied by a parent/guardian or not. If you wish your son / daughter to participate then please complete the attached form and return to Rachelle Hembury, Club Secretary & Welfare Officer.

Young people and parents should consider the benefits of developing their skills before joining club rides. For more information about coaching contact Chris German at chris@amershamrcc.co.uk

Amersham Road Cycling Club - Parental Consent Form

I, being the parent/guardian of _____ have read the information contained on this form and on the Amersham Road Cycling Club website and hereby consent to my child participating in an ARCC club ride and understand and agree that my son/daughter attends the ride entirely at his/her own risk. I have considered the nature of such club rides 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.

- By returning this completed form, I agree to the child named above taking part in the activities of the club.
- I understand that I will be kept informed of these activities - for example timing (although the exact duration of each ride is not predictable) and transport details.
- I understand that in the event of any injury or illness all reasonable steps will be taken to contact me, and to deal with that injury/illness appropriately.

Name of Parent / Carer:

Signature of Parent / Carer:

Date:

Participant's Details

Name:

Address (inc postcode):

Date of Birth:

Telephone No: Home:

Mobile:

Emergency Contact Details

Please indicate below the person who should be contacted in case of an incident/accident

Contact Name:

Relationship to Participant:

Telephone No: Home:

Mobile:

If you have any concerns about your child participating in any form of physical activity then please consult your GP before giving permission for your child to take part in a club ride.

Once completed please ensure this form is returned to:

Rachelle Hembury, Club Secretary & Welfare Officer
72 Cameron Road, Chesham, Bucks HP5 3BP

Any information contained on this form will be kept confidential and secure and only used by Amersham Road Cycling Club.