



ON ROAD TRAINING STANDARD CONSENT FORM

Bikeability is the nationally accredited cycle training scheme. It takes place primarily on road and in trafficked conditions. It is designed to provide trainees with the necessary skills to ride in today's traffic conditions. The course is continually updated and reviewed.

Level 1: Gives the trainee the cycling skills necessary to take the bike onto the road

Level 2: Trains the trainee to ride on quiet roads but with traffic

The Avanti Cycling course lasts two full school days and is entirely subsidised.

Trainee

If attending a course, the trainee must be able to ride a bike.

Equipment

The trainee should arrive at the training session with appropriate clothing. In wet weather this must include waterproofs and in warm weather this must include sun cream and water.

The trainee must bring a checked and safe bike. The instructor is trained to check bikes, if it is deemed unsafe then the trainee may not be able to participate. Principal areas to check on the bike are:

1. Tyres, must not be too worn and the underlying thread must not be visible
2. Brakes, must stop the bike well and the trainee must be able to operate them both
3. Gears, must be operative
4. Fit, the bike must fit.

Note BMX bikes are fine as long as they have two working breaks.

The trainee must have a helmet that fits and is not damaged. Please note that if the trainee arrives without a helmet or if the helmet is deemed unsafe by the instructor the trainee may not be able to participate. Full face helmets or helmets covering the ears or eyes are not allowed. If necessary please tie your child's hair in a low pony tail so that it does not interfere with the fitting of the helmet. If you have any queries please speak to the school.

I have read and understood the course conditions

Trainee name:

Emergency contact details:

E-mail address:

Please identify any medical or behavioural issues that the instructor should know about. Please note that the course will be held in trafficked conditions and any problematic behaviour may affect the outcomes of the course

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Signature:

Relationship details:

We may be photographing the course for publicity purposes. These may go onto our website or posters. If you do not wish for your child's photo to be taken please tick here:

