

## Consent form for riders aged 18 years & over

This is an agreement between the cycling instructor / coach and the undersigned. It is separate to British Cycling's consent form and relates to all on or off-road National Standard-style training and group rides led by Eager Cycle Coaching from the date of this agreement.

I (FULL NAME of rider, please print): \_\_\_\_\_

consent to take part in training in safe, effective cycling in accordance with the points set out below:

Except in rare cases where the coach supplies a cycle, I understand that:

- The coach may refuse to train or ride with me if they deem my cycle to be unroadworthy, and;
- It remains my responsibility not to use an unroadworthy cycle.
- The coach may make minor adjustments to my cycle where agreed.

In addition, I accept, understand and agree that:

- The specific rider information provided in this consent form and shared in the booking process is correct and completed to the best of my knowledge.
- I will endeavour to treat the coach and other riders in the group (if present) with respect at all times.
- I will participate in the coaching / led-rides in a safe manner and follow the coach's instructions.
- The coach may at any time refuse to continue to train me or allow me to join rides if my behaviour or ability level is deemed to be unsuitable.
- I will be open to receiving support from the coach in the session / led-rides but I also take part in the training and rides at my own risk and I will be responsible for myself and my equipment when cycling.
- I agree to ride in a considerate manner that complies with the British Highway Code.
- The coach is not responsible for any injury or any loss or damage to any property which is not caused by their negligence.
- It is essential to adhere to the latest Government Covid-19 guidelines.
- Having taken part in training / led-rides it does not necessarily follow that it is safe for me to cycle in all environments.
- I will make the coach aware of any medical or health conditions including allergies or dietary issues or additional needs that I have that may adversely affect my training or ability to cycle.
- I will share details with the coach regarding any medication (such as inhalers for asthma, EPI pens, or other) that I must take with me when attending the coaching / led-rides.
- If I have any concerns about participating in coaching sessions / led-rides on health grounds, I will if necessary, consult with my GP and act accordingly.
- If my coaching / led-rides is funded by an organisation (such as an employer) then my personal details may be given to this organisation if it wishes to find out information about the training.
- Information provided to Eager Cycle Coaching when booking coaching sessions / led-rides will be stored, processed and destroyed in accordance with Data Protection Act 1998 guidelines.

Any medical or additional needs that the instructor / coach should be aware of:

Am I happy for photos or film of my training / led-rides to be taken and used by Eager Cycle Coaching for marketing purposes (please circle)?

Yes

No

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

Emergency contact name & number: \_\_\_\_\_

Please help Eager Cycle Coaching monitor the effectiveness of its Equal Opportunities Policy. Any info you give will be used anonymously. All responses are optional. Thank you.

Age of trainee: 18-24 25-34 35-44 45-54 55-64 65-74 75 or over