

I being the parent/guardian of _____ have read the information contained in this notice and hereby consent to my child taking part in the coaching sessions and understand and agree that my son/daughter participates in coaching sessions under instruction by Vision RC&L coaches entirely at his/her own risk. I have considered the nature of such sessions 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 under the supervision of a Vision RC&L coach. I am also aware that Vision RC&L may take photographs/video footage during the activity and give permission for them to be used in various Vision RC&L publicity purposes. I realise it is compulsory to wear a helmet when riding at the cycle centre and my child will agree to abide by the Redbridge Cycling Centres rules

Signed(Parent/Guardian): _____ Date: _____

Participant Details

Name: _____ Male/Female: _____

Date of Birth: ___/___/___ Age _____

Address: _____

_____ Postcode: _____

Home Telephone: _____ Mobile telephone: _____

Email Address: _____

Does your child have a disability? Yes/No If yes, please give details: _____

Emergency Contact Details

Name: _____ Relationship to Participant: _____

Contact Telephone Number (including area code): _____

Medical Information

DOES YOUR CHILD HAVE ANY MEDICAL CONDITIONS THAT THE COACH NEEDS TO BE AWARE OF?

YES / NO

Please make a note below of any medical conditions you feel we need to know about. 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 the activities.

Please complete and return this form to:

Redbridge Cycling Centre
Forest Road
Hainault
IG63HP



BOOKING ESSENTIAL– places are limited and will only be reserved with receipt of booking form and payment, there will be no registration on the day. Payment can be made by credit/debit card on the phone or cash at the Centre. Unfortunately we are not able to accept personal cheques. Bikes are available to hire at £5.00 per rider
Courses start promptly so please ensure that children are signed in before 15 minutes before the start. Bring a snack, drinks, waterproofs, change of clothes and helmet (if you have one).