



BIKEABILITY CONSENT FORM

This agreement is between *Cycle4LIFE* and the person signing below.

Please read then tick confirmation boxes:

I / my child will **not wear a helmet** and I understand that *Cycle4LIFE* will not be held liable for any injury which may have been prevented by wearing one.

OR

I / My child will **wear the properly-fitting helmet that I provide** (not "full face" please – can't hear/see) and I understand that *Cycle4LIFE* will not be held liable for injuries which may have been prevented by not wearing one. For advice on how to fit and adjust your helmet check out the link overleaf.

I have checked my / their bike against **the checklist overleaf** and confirm that it is **roadworthy with two working brakes**. If I'm not sure I will consult a bike shop before the training. I allow instructors to make small adjustments.

I will make the instructors aware of any **medical condition** that I have / my child has which may affect the training. (including Allergies including hand sanitiser, Special Needs, etc). I also accept responsibility for the risk of transmission of Covid-19 to my child.

I give permission for instructors to take photo(s) of me / my child, solely for use on *Cycle4LIFE* and Central Bedfordshire promotional materials. (*optional*)

Please tick this box if your child is considered vulnerable or if your child is living with vulnerable adults /siblings and give further details in the Trainee's Health/medical/special needs conditions if applicable box below.

I understand that *Cycle4LIFE* is not responsible for any injury or loss or damage unless caused by an instructor's negligence, and that *Cycle4LIFE* takes no responsibility for any injury or loss or damage which occurs on the way to or from a lesson.

I understand that having taken training it does not necessarily follow that it is safe for me / my child to ride a bicycle and further practice may be needed. For school age trainees, the child's ability to ride to school is a joint decision between family and school and we recommend they have achieved Bikeability Level 2.15.

I have read the conditions and advice, and give permission for me / my child to take cycle lessons.

Name of Trainee in CAPITAL letters:	EMERGENCY contact NAME(s) and PHONE(s) :
SCHOOL name: CLASS name:	Your SIGNATURE :
TRAINEE'S HEALTH / medical / special needs / vulnerability if applicable:	Today's DATE :



Checking your bike

*** TYRES PUMPED UP * FRONT & BACK BRAKES WORK CORRECTLY * CLEAN CHAIN ***

Fitting

- When sitting on the saddle your toes should just touch the ground on both sides.

Wheels and tyres

- Check that your wheels don't wobble from side to side on their axles.
- Make sure the **tyres are pumped up hard** and that they are not worn out.

Steering

- Check that the handlebars turn smoothly without catching anything.

Brakes

- Squeeze the right-hand brake lever and push the bike – the front wheel should stop turning.
- Squeeze the left-hand brake lever and push the bike – the back wheel should stop turning.
- Check that the rubber brake blocks are not worn out. They must touch the wheels not the tyres.
- While sitting with wrists straight, check that your fingers can easily squeeze the brake levers.
- **It is a legal requirement to have front and rear working brakes.**

Pedals

- Flick the pedals – they should spin freely.

Gears and chain

- **Check that you can change into all gears smoothly**, without them “jumping”.
- Make sure the chain is well oiled and doesn't slip when you pedal.

Accessories

- Handlebars must have “plugs” in the holes on the ends.

This is not a full list. If you have any questions please call us for help. If you don't know how to fix a problem please have it repaired by a qualified mechanic – we can help you to find one.

HOW TO FIT AND ADJUST YOUR HELMET AND DO A BIKE CHECK:

<https://bikeability.org.uk/bikeability-training/get-ready/>