



<b>Consent Form for schools course: Level 1-- Cypress Primary on 26 April 19</b>	
Dear Parent/ Guardian Your child will be taking part on a cycling course. This form must be completed and given to Cycling Instructor Ltd before they can take part in the training	
<b>I ( name of parent or guardian):</b> (Please Print)	
Consent that my child can take part in a cycle training course	
<b>Name of Child:</b> _____ (Please Print) <b>Gender: Male / Female</b> (circle)	
<b>Year Group:</b> _____	
<b>My child WILL / WILL NOT wear a helmet</b> (circle) Helmets will NOT be provided by Cycling Instructor.	
<b>Medical or Behavioural conditions that the Instructors should be aware of:</b>	
<b>I agree that:</b> <ul style="list-style-type: none"><li>• Where I supply a bicycle for my child I must make sure, it is roadworthy. If I am not sure about this, I should take it to a bike shop. The Instructor may make adjustments and repairs to my child's bike if the instructor believes that there is a problem.</li><li>• Cycling Instructor Ltd will not be held liable for any injury, which is established, may have been prevented or caused by the wearing or not of a helmet. The instructor will advise on the fit of a helmet, but will not necessarily be able to judge from its appearance if it is in good condition.</li><li>• Having taken a cycling lesson does not mean that it is safe for my child to cycle or fix a bicycle in all circumstances. To become a proficient cyclist or mechanic takes more practice than lessons of this kind can provide.</li><li>• Training takes place off road.</li><li>• I will tell Cycling Instructor Ltd about any medical condition my child has which may affect the training course.</li></ul>	<ul style="list-style-type: none"><li>• By the very nature of outdoor activities it may be necessary for staff to physically interact with children, eg, help fit helmets &amp; hi-viz vests, to prevent a fall or administer first aid. This is in the interests of your child's safety.</li><li>• I should think about personal accident insurance for my child.</li><li>• By the very nature of outdoor activities it may be necessary for staff to physically interact with children, eg, help fit helmets &amp; hi-viz vests, to prevent a fall or administer first aid. This is in the interests of your child's safety.</li><li>• My child may be photographed during this course and the image could be used in publicity for Cycling Instructor Ltd and the funding organisation</li><li>• Cycling Instructor Ltd only holds data, which you have provided. The data is required in case we need to contact you in the case of an emergency. We only provide statistical data to the council and TFL, who pay for this service. We do not send any personal data to these organisations. We hold your data for a year and then delete it.</li></ul>
<b>Signed :</b> _____	<b>Date :</b> _____
<b>Emergency contact number:</b> _____	

**Cycling Instructor Ltd.**

Registered Office: 74 Munster Road, Fulham, London SW6 4EP Telephone: 0845 652 0421 Fax: 0207 691 9759

Registered in England & Wales No. 5519848 VAT 888564062



## How to check your bike

To see if there are any problems with your bike check the following items. Using this M Check will ensure that you do not miss any items.

Start at the front, Point A and work your way to B, C, and D to E at the back of the bike.



**Front wheel:** Check to see if:

- Quick-release or wheel-nuts loose.
- Hub bearings loose or binding.
- Spokes loose, broken or missing

**Front Tyre:** Check to see if

- Under-inflated /punctured
- Worn or cracked

**Front brake:** check to see if

- Front wheel locks when the brake lever is pulled
- Brake pads rubbing tyre or wheel rim
- Brake pads missing

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**Headset and handlebars:** check to see if

- The forks are damaged
- Headset loose
- Handlebars are not clamped tightly

### **How to check your bike**

**Frame:** check to see if:

- Frame not bent or damaged

**Crank and Front gear:** check to see if

- Gear moves the chain from one sprocket to another
- Sprocket not bent
- Crank shaft not loose
- Pedals not loose

**Seat and seat post:** check to see if:

- Saddle does not move
- Seat post does not move

**Rear Brake:** Check as for front brake

**Rear wheel:** check as for front wheel

**Rear tyre:** check as for front tyre

**Rear gear:** check as for front gear

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## Buying a bicycle

If a bicycle is too small for the rider, pedalling and steering is awkward. If a bicycle is too big, stopping and starting is difficult and dangerous. Please do not be tempted to buy a bike that is too big so your child can grow into it. To help you make sure the bicycle fits the rider, check that your child:

- Can reach the handlebars without stretching.
- Is not leaning too far forward
- Can easily reach and use the brake levers
- Can touch the ground with both feet while sitting on the saddle.
- With the seat post raised to its maximum height cannot touch the ground with either foot.

These checks will help you choose the right bicycle for your child. They can also be used to re-check the riding position regularly.

Try to go to a specialist bike shop; there will be a wide choice and expert advice. Take your child with you so they can try out the bike. Ask about the after-sales service. Helmets should fit properly, it should sit firmly on the head and you should be able to run one finger between the strap and face. Ask the shop to help you if you are not sure.

If you are going to buy a second-hand cycle, check its condition carefully. In particular, look at the saddle, tyres and the paintwork. Ask how old it is, how it has been used and looked after. Signs that it has had a heavy knock are bent forks, wrinkled paint or a twisted frame. If you buy a second-hand bike privately, it is a good idea to have it checked over by a bike shop.

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