

AllGood Cycling

PLEASE PUT YOUR ORDER NUMBER HERE

ADULT CONSENT FORM

Thank you for attending AllGood Cycling training.

Before training commences you are asked to:

- Return the completed form to the instructor on the day of training.
- Ensure that your bike is in good working order and suitable for riding i.e. working brakes (front and back) and pumped-up tyres.
- Please note that you will not be allowed to take part if your bike is considered unsafe.
- The rider will need to be able to get **both feet flat on the ground** when sitting on the bike, this helps improve confidence. Saddle height can be adjusted on the day
- Wear a good fitting helmet & comfortable glove
- The session is up to 2hrs this is quite a long time, be sure to bring along drinks & snacks.
- For your peace of mind, I'm fully insured to deliver cycle activity training
- If you need to cancel, please give at least **48hrs** notice
- Indicate below if you suffer from any medical conditions that I should be aware of.

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I understand that the training will take place in a traffic free environment, under supervision. I agree that I take part without any liability on the part of AllGood Cycling or their instructors in respect of any injury or any loss or damage to property that is not caused by an instructor's negligence.

AllGood Cycling is not responsible for your journey to and from the training area.

Name:

Age:

Next of kin Name:

Emergency contact number:

Signed:

Date:

Photographs may be taken during this course to document events and activities, and for promotional purposes.

If you do not wish to be included in these photographs, please tick here >

PLEASE SEND COMPLETED FORM TO darren@allgoodcycling.co.uk