

# Cycle4LIFE

Registered Bikeability Trainers  
British Cycling Level 2 Coaches  
CTC Mountain Bike Leaders

Telephone: 01525 382343

## CONSENT FORM

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

**Please read then tick** confirmation boxes:

- 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.
- 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, Special Needs, etc)

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: GROVE SCHOOL, TRING CLASS name:	ADDRESS where trainee lives:
TRAINEE'S HEALTH / medical / special needs conditions if applicable:	Your SIGNATURE:
	Today's DATE:
	<b>THANK YOU!</b>

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## 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 working front and rear 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.*