

Cycle Training Cornwall

www.cycletrainingcornwall.co.uk



We are really looking forward to training you to ride a bike safely and with confidence. We deliver the national standard scheme for cycle training, known as 'Bikeability'. The training will take place...

The first session starts off the road (e.g. school playground) to check your bike and riding skills. Non riders are taught in specific 'learn to ride' sessions, usually one-to-one with the instructor. More confident riders will progress on to local roads once they have demonstrated the skills required to do so safely.

Please bring your bikes and helmet to the sessions. If you don't have a bike or can't yet ride one, you may be able to borrow or hire a bike, and we can start to teach you to ride. Please make such things clear on the consent form. We do not teach cycling with stabilisers.

Please also bring a waterproof, gloves, water and a snack.

Terms and Conditions:

In order to take part in Bikeability cycle training the following terms and conditions must be agreed to.

- The bike provided must be roadworthy. A non roadworthy bike will not be accepted on the course. If you're not sure bring the bike to the first session and we'll check it over for you.
- The instructor has the right to withhold training at any point if they deem the behaviour or competence level of the trainee to be unsuitable.
- The trainees are insured under the Cycle Training Cornwall insurance policy.
- The completion of the course doesn't necessarily mean the trainee is ready to go solo on the road. You will have been taught the skills required but it remains your own decision.
- Level 2 and 3 are delivered on the road, all roads used will have been risk assessed.
- Cycle Training Cornwall is not liable for any injury, loss or damage to person's property during, before or after the training.
- It is your responsibility to provide a well fitted helmet. If the trainee sustains injuries through lack of an appropriate helmet then Cycle Training Cornwall accepts no responsibility for this.

Adult Consent Form

Trainee's name:			
Address:			
Contact phone:			
Details of special educational, behavioural, medical or physical needs:			
Please circle one box to indicate your current cycling ability:			
very confident, can signal easily	an okay rider, can signal	a bit wobbly, can't signal	Non-rider, or needs stabilisers
Do you need to borrow or hire a helmet?			Yes / No
Do you need to borrow or hire a bike? (possible charge)			Yes / No
If not, please check your bike and tick the boxes to confirm it has...			
Pumped-up tyres <input type="checkbox"/>		Working brakes <input type="checkbox"/>	

I consent to my receiving National Standard Cycle Training. I have read the terms and conditions provided.

Signed	Print name

Please return your completed form with your £5 deposit to:
Cycle Training Cornwall, 67 Molesworth Street, Wadebridge PL27 7DS
Please make cheques payable to 'Cycle Training Cornwall'.
Thank you.