



## **FAMILY CONSENT FORM**

**\*PLEASE EMAIL THIS FORM TO HELLO@WALKANDCYCLE.LONDON WHEN COMPLETE\***

Hello and welcome to Walk And Cycle London CIC. We are so pleased you want your family to cycle more and we look forward to getting to know you. We deliver a range of funded cycle training programmes, from complete beginners to advanced on-road cycling, family sessions, youth groups, school groups, led rides, and Dr Bikes. We can lend adult and children's bikes and helmets for your sessions with us.

Walk And Cycle London CIC's instructors are professionally qualified Bikeability instructors. Walk And Cycle London CIC is fully insured, and instructors are DBS-checked and first aid trained. All instructors are experienced urban cyclists and cycling is their primary form of transport in London. Training is delivered at four levels :

1. Complete beginners/returning to cycling
2. Control skills to get the most out of your bike and to deal with any situation on or off road
3. Cycling on quieter roads
4. Cycling on busier roads

### Terms and Conditions

All sessions are funded by the Royal Borough of Kensington & Chelsea and they are delivered to you for free.

We deliver our sessions in a COVID-safe manner. Our sessions are socially distanced and they are always held outdoors.

Most of our instructors are bike mechanics. If you bring your own bike, then when they first meet you they will go over your bike with you to check for roadworthiness. The bikes that we lend you are regularly maintained and serviced by our bike mechanics.

We continue sessions in most weathers unless safety is compromised. Please dress appropriately for the weather and please wear comfortable shoes with good grip (for instance trainers).

### Your Consent

We need your consent to deliver cycle training. Because all of our work is funded, there is some additional information that our funders require so that they can better understand how public money is being spent. Your personal information that you provide is confidential and is not shared. Information required by funders is only shared with our funders. That information is anonymous, so they don't know who you are.

Tell us about yourself

Your Name	
Your child/ren's name/s	
Primary Contact Email Address	
Primary Contact Phone Number	
An Emergency Contact (name and number)	
Does anyone in your family have a specific need instructors need to be aware of (physical, SEN, disability)	
Can we take photos for our website/social media?	

What do you want to get out of the sessions?

We need to borrow bikes and helmets : Number of adult bikes Number of children's bikes & ages of children	
We are complete beginners and want to learn to ride a bike We haven't ridden a bike for many years and are returning to cycling (how many years?)	
We can ride bikes but don't feel confident to go on road yet	
We can ride bikes and want to learn to cycle on quiet roads	
We are confident cyclists and want to work on busier roads	

Information for funders

What age groups are you	Under 16 16-24 - 25-34 - 35-44 - 45-54 - 55-64 - 65-74 - 75+
What is your ethnicity	
What are your genders	
Prefer not to say	

Thank you for completing this form - please email it back to [hello@walkandcycle.london](mailto:hello@walkandcycle.london). We look forward to meeting you soon!