



## PARENTAL CONSENT FORM

Capable young riders 14 years and over are welcome to take part in Ruthin Cycling Club's (RCC) activities. All riders take part entirely at their own risk. However we require that the Parents or Legal Guardians of riders up to 18 years, complete our parental consent form.

Completed forms can be returned to our Club Welfare officer, any Club Official, or brought to the activity/event that you wish to take part in.

### Summary of Parental Responsibility

Parents or legal guardians must ensure that any young rider is capable of riding the distance of the event they wish to join, have read and understood the highway code as it pertains to cyclists, that they will wear whilst cycling a suitable helmet, have weatherproof clothing, a well-maintained bike, food, drink, toolkit and money. They must also carry a card and a charged phone both with emergency/parent/guardian mobile numbers (card available from RCC Welfare Officer). Any relevant medical issues or allergies must be communicated to the club official before attending events and listed on the card.

### Summary of RCC Responsibility

RCC will ensure that the young riders have I.C.E. numbers with them on rides, are never left unaccompanied on rides and ensure they are accompanied to a parent/guardian meeting point or ride start/end point should the young rider need to abandon the ride for any reason.



## PARENTAL CONSENT FORM

### Young rider's details:

Name in full:

Date of Birth:

Rider's mobile phone number:

I.C.E. Phone No 1:

I.C.E. Phone No 2:

I.C.E. Phone No 3:

### Parent's/Guardian's Details

Name in full:

Address:

Town/City:

Postcode:

Phone number (landline):

Phone number (mobile):

Email address:

### Declaration:

I shall undertake to inform the Activity Leader of any relevant medical details, or in the event of any change in medical details.

I understand that RCC activities are covered by Public Liability Insurance but that there is no insurance in case of personal accident.

I consent to the use of photographs that include my child by Ruthin Cycling Club for promotional purposes.

I have read, understood and agree to the Parental Responsibilities set out in this form.

**Signed by Parent / Legal Guardian**

**Witnessed by**

**Date:**

# RCC Declaration of Consent

Being the parent/legal guardian of the above rider, I:

1. understand and agree that my son/daughter participates in events promoted under the RCC rules and guidelines entirely at his/her own risk. I have considered and understand the nature of such events and have discussed them with my son/daughter.
2. confirm that son/daughter have read and understands the highway code as it is relevant to cyclists and have a correctly fitted helmet which will be worn at all times whilst cycling.
3. am satisfied that my son/daughter is sufficiently responsible and competent to assume full and entire responsibility for his/her own safety.
4. understand that riders under 18 years of age are permitted to cycle on the public highway and must therefore assume full and entire responsibility for their own safety in relation to other traffic.
5. agree that my son/daughter shall participate in such events without any liability whatsoever on the part of the promoter, RCC, British Cycling, any club or organisation affiliated thereto or their officials or members in respect of any injury, loss or damage suffered by him/her, provided that this does not exclude the liability of any such party for death or personal injury arising from that party's negligence.
6. understand that I am responsible for ensuring my son's/daughter's bike is in a safe and roadworthy condition.
7. confirm that my son/daughter does not have any disability or medical condition, physical or mental, which could affect his/her ability to ride safely as a cyclist. I understand that I must notify the Chairman, Secretary or Child Welfare Officer of Ruthin Cycling Club at once if at any time my son/daughter becomes subject to a disability or medical condition, physical or mental, which could affect his/her ability to ride safely as a cyclist.
8. confirm that my son/daughter will carry an In Case of Emergency (I.C.E.) card with them detailing any medication, pre-existing conditions or allergies they have as well of their next of kin's details. A free card can be obtained from RCC. This card must be present at all club activities.