

It is necessary to obtain consent for Under 18s to participate in club rides, turbo and training activities. Participants **MUST** wear a helmet when riding outside and come prepared for the activity; riders need to carry spare inner tubes, tyre levers and a pump on a club ride. Anyone under 14 must be accompanied by a parent or a **pre-arranged** nominated adult. Riders also need to be familiar with our Club Ride Conduct and Etiquette. Any participants who persistently misbehave or put others in danger will be asked to leave the activity and will not be allowed to continue. If you are unsure whether club activities are suitable then please speak to the organiser or one of the club's coaches. Separate consent will be required for competition, Go-Ride and Triathlon.

**Name of Child:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_

**Email address:** \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Medical Information:**

Please provide details of any medical conditions we should be aware of e.g. asthma.

**Photographs**

*I consent to the taking of photographs and videos during club events/sessions for the purpose of documenting and promoting the event/club e.g. local papers, club website, and promotional materials.*

Yes:

No:

*I consent to photographs and videos being used on the club's social media pages e.g. Facebook, Twitter.*

Yes:

No:

**NB:** West Suffolk Wheelers and Triathlon Club are not responsible for photos taken by third parties at public events.

As Parent/Guardian I am satisfied that my son/daughter is sufficiently responsible and experienced to assume full responsibility for his/her own safety whilst engaged in these activities. I understand and agree that my son/daughter participates in these events entirely at their own risk and without liability whatever on the part of the club, committee members or club members.

Signed:

Date:

Print Name:

