



Cycle training really useful information

Dear Parent/Guardian,

Well done for taking the first step to enabling your child to ride safely and confidently, this will be a valuable life skill with all the associated health, wellbeing and self-confidence benefits.

We really look forward to meeting your child and working with them.

The really useful information bit

Plan to arrive 10 minutes before the start of each session so we can start on time (it is a 10-min walk from the carpark).

Your child should have a correctly fitted cycle helmet, this a requirement for all students, this link may be useful

<https://www.youtube.com/watch?v=7afDZBatcVE>

Bikes loaned to the children will be checked prior to each event. If your child brings their own bike make sure it is safe and correctly sized. Our trainer is happy to check and advise.

We recommend your child has some bottled water and during sunny weather, they have sun cream/block.

Whilst learning, they may take a tumble; it's all part of the fun! Decide if it would be useful to cover up legs and elbows. Bring gloves in colder weather.

Children under the age of 8 must have their parent or guardian present during the training events.

If you leave your child with us, you must have your mobile with you at all times.

On arrival the Lead Cycling Trainer will introduce him/herself to you and answer any questions you may have.

All cycle training events will start with a safety inspection of the park and a safety briefing.

We have a first aid kit, which we may use were appropriate to do so. We have a training event risk assessment which is available for your inspection. All sessions will have an appointed person or qualified first aider (for larger groups). We have antihistamine cream for strings/bites, prior to use we will contact you and seek your consent.

A copy of our Safeguarding and Wellbeing Policy can be found at <https://farcycles.weebly.com/welfare-and-safeguarding.html>

We would encourage you to report any concerns you may have directly to our Safeguarding and Wellbeing Officer via our website or if your concern is immediate and confidential 07900 403954. We will not take any pictures or images of your child without your consent. We are working towards all trainers being DBS checked.

In the event of unreasonable or unsafe behaviour on the part of your child, we may exclude them from the rest of the training event and ask you to collect them early. This will be in the event of an extreme situation.

In the event of extreme weather, we may cancel or postpone the training event, we will give you as much notice as possible.

Our cycling park has been funded from donations and built with community support, and all our trainers are volunteers. If you would like to make a donation, no matter how small please visit <https://farcycles.weebly.com/contact--donate.html>

Cycle training consent form



To enable your child to be part of this amazing adventure, please complete the consent form below.
Please let us know on the form if there are any health, medical or behavioural issues we need to be aware of.
This must be completed for all children under the age of 18.

I consent for the child/children named below to participate in a Farcycles Limited organised training event.
I have read and understood and agree to comply with the guidance provided in this consent form.
This form is valid for a 12 month period, we must be advised of any change of circumstances.

Name of Parent or Guardian	
Contact number (mobile)	
Email address	
Today's Date	
Home town/village	
Parent or Guardian's Signature	
Child 1 full name	
Date of birth	
Medical, health or behavioural information	
Child 2 full name	
Date of birth	
Medical, health or behavioural information	

Information provided will be used in the strictest of confidence and in compliance with GDPR obligations

Thank you for completing this form.

Print out and

EITHER take a photo and return to us electronically (cycle@farcycles.org.uk)

OR bring it with you on the day.