



Parental Consent Form

Please read and sign in space below:

All participants in CDRC rides and events under the age of 18 must have a signed CDRC Parental Consent Form. The only exemption is where a young person having reached the age of 16 can prove that they are no longer living with their parents or guardians and are living as an independent adult. This needs to be proven by the supply of evidence such as a rent book or utility bill with the person's current address in their name or a National Students Union membership card.

CDRC Policy on Young People's Participation in Cycling Activities

The minimum age for unaccompanied children on any ride/event is 14. Children aged 14 to 17 may participate unaccompanied if they have parental permission and a signed Parental Consent form. There is no lower age limit if accompanied by a responsible adult acting in loco parentis, but a signed Parental Consent form is still needed.

Parents or guardians must also understand:

- the demands of the cycling activity and that they alone can make the decision about the ability and competence of their child to complete it;
- that the child may cycle with other adults and/or with other children, but that there is also a possibility of the child cycling on its own, the participating child must have their emergency contact details with them;
- that while CDRC extends a welcome to cyclists of all ages and abilities, no special provision for children is made;
- arrangements to get to and from the club runs are the sole responsibility of the parent or guardian;
- that riding groups tend to break up towards the end of rides, and riders go home in ones and twos, rather than to a pre determined finish point.
- that DBS checks may not have been done on other participants, ride leaders or organisers.

CDRC, its members, agents and other participants may take photographs during the course of an event, mostly for private use but some may be for local or national publicity purposes. It may be difficult to ensure that photographs in which your child appears will not be used in any way. If you have concerns about this please speak to the ride leader, organiser, or the CDRC Youth Officer.

Ride Details:

a) **CDRC standard Sunday Club Rides - Tick in box to give consent**

b) **CDRC Captain's Challenge Rides - Tick in box to give consent**

for details see the CDRC website and Runs list on the website at www.CDRC.CC

Approx. distance: 50 to 90 Miles for standard Sunday Rides **more than 80 miles** for Captain's Challenge rides.

General ride information:

Non competitive or time limited riding on public roads and paths in groups

Details of participant: (Please use BLOCK CAPITALS)

First name: **Surname:**

Address:

..... **Postcode:**

Tel No: **Email:**

Date of birth:

Signature of participant:

Emergency contact details:

Name: **Tel:**

Relationship to rider:.....

I have read and understood the Notes above.

Signature of parent or guardian:

Name: (Please use BLOCK CAPITALS)

Date:.....

Disclaimer for riders

I, and my parent or guardian agree by signing the above that I understand and will abide by the terms and conditions required by CDRC for the safe participation in this activity and to act responsibly and adhere to the rules of the road and countryside. Marshals, if they are used, are solely to indicate the direction and it is my responsibility to ensure that any manoeuvre is carried out safely. I and my parent or guardian hereby maintain that I am fit and healthy enough to participate in the activity described above and my cycle is in a safe, legal and roadworthy condition. I also accept that CDRC cannot be held responsible for any personal injury, accident, loss, damage or public liability during the event.