Cycle Activity Consent Form-U18
Mountain Biking Ride 16th November 2019-Bedgebury Forest trails

I hereby give my consent for

Name…………………………………………………………………………………………….Age:

to participate in the Cycling Activity, Ride Out or Mountain biking run by Community Cycleworks CIC.

❏ All cyclists must be able to control a bike confidently.
❏ I understand that if the ride leaders feel my child's level of control on the bike is not suitable they may not be allowed to participate.

Mountain biking is a risky activity with uneven terrain, loose surfaces, mud, concealed obstacles, narrow trails and vegetation/trees very close to the riders. Even with correct tuition and supervision of instructors, the risk of falling from the bike remains higher than riding on tarmac.

I understand these risks and accept that liability will not fall to Community Cycleworks in respect of injuries sustained during this activity.
For this reason, for this activity, we ask that all participants wear a helmet. We have a limited number to borrow if necessary. We also require bikes to be Roadworthy with two functioning brakes.

Medical Conditions: Please inform us of any medical conditions/ medication being taken and any behavioural or emotional needs they may have.

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Medical consent:
❏ I understand that should there be a medical need the staff will administer medical help/First-Aid.

Media Consent:
I understand that the Community Cycleworks may wish to film and/or photograph participants or record a participant's voice as part of Funding feedback reports and publicity.

Media Consent: Apply ✓ here to give media consent ☐

I understand that I do not have to take part in any publicity promotion for Community Cycleworks as a condition of entry into activities. This information is stored in accordance with GDPR guidelines.

Parents/Guardians Signature: Date
Relationship to child
Emergency Contact Number(s)
Home postcode (for project monitoring purposes)
Email address.

www.communitycycleworks.co.uk

Bedgebury Mountain Bike Trail Ride

Saturday 16th November 2019
10.30 am drop off at Bedgebury for a 11am ride
2pm finish/collection from car park
Lady Oak Lane, Goudhurst
Sat Nav Postcode: TN17 2SJ
Own bikes required, or hired on site from Quench Cycles

Snodland Bike Club are visiting the purpose-built mountain bike trails at Bedgebury Forest to offer a new challenge to our riders. We want to extend the skill sets of the young riders and these trails offer so much variety and good riding it makes sense to offer it as an 'Away Ride'. Having led many youth groups on these trails over the years I am sure they will be buzzing and exhausted.

There are no public transport links that really offer safe routes into the venue, so we are left having to drive. A minibus was not a viable option for this trip.
The ride itself and our guiding is free of charge. We can provide loan helmets for free too.

We are hopeful that enough parents will volunteer to drop their children, and possibly offer lifts to others, so that we can get a good size group.
The parking is £13 for the whole day and can be paid by card or cash. Parents can enjoy a nice walk around the pinetum, visit the cafe, take younger ones to the awesome adventure playgrounds dotted around the forest, while we wear out the riders with 3 hours of adventure and adrenaline-filled fun. There is an opportunity to hire bikes from the quench cycles centre for £15 should they be needed, however, we hope to have enough space to transport riders bikes to the centre.

The other option is to take advantage of the FREE 20 minute drop off and collection window.
Drop them at 10.30 am before returning to collect them at 2pm.

Ride share: I propose setting up a WhatsApp group to communicate and arrange lifts. Please let me know if you can offer a lift, how many spaces and if you are happy for your phone number to be shared.
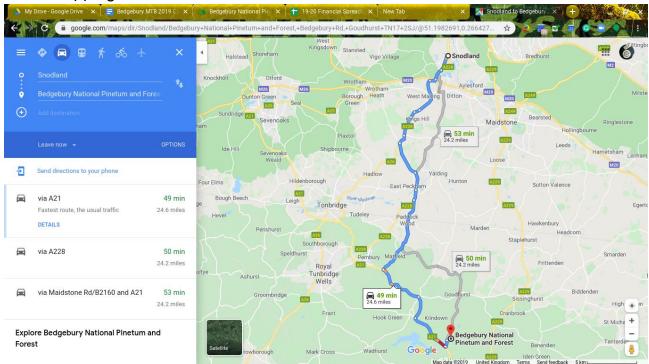We currently have 5 spaces available in one vehicle.
If you have any questions please call me on 07715 172602 or drop me an email stewart@ccw.bike

The website for the forest is https://www.forestryengland.uk/bedgebury/activities
The mountain bike trails are shown in a bit of detail here
https://www.youtube.com/watch?v=6-kg6uxDFZY&t=283s

Route mapping info

Best,
Stewart, Mike and Chris AKA Team Cycleworks