

Palmer Park Velo Membership Form



We are pleased to welcome you to our club. To ensure that we have the correct contact details for you, please insert the information requested below and return this form to:

Sarah Dawson ~ Membership Secretary

If you are under 16 please also ask a parent or carer to sign this form before it is returned. We will also use this information to ensure that you are kept informed about club events.

Personal Details of Individual

Name: **Gender: Male** **Female**

Address:

Postcode:

Date of Birth: Parent Email:

Telephone Home: Mobile:

Disability Information

The Disability Discrimination Act 1995 defines a disabled person as anyone with, 'a physical or mental impairment, which has a substantial and long-term adverse effect on his or her ability to carry out normal day-to-day activities.'

Do you consider yourself to have a disability? Yes No

If yes, what is the nature of your disability?

Visual Impairment Hearing Impairment Physical Disability

Learning Disability Multiple Disability

Other (please specify):

Cycling Information

Have you taken part in much cycling before? Yes No

If yes, where have you taken part? (please indicate below)

Primary School Secondary School

Local Authority Coaching Session(s) Club

Other (please specify):

Medical Information

Please detail below any important medical information that our coaches/club should be aware of (e.g. epilepsy, asthma, diabetes, a recent injury, etc).

Medical condition (s) and recommended treatment/actions to be taken if symptoms appear:

.....

If you have any concerns about your child participating in any form of physical activity then please consult your GP before giving permission for your child to take part in cycling activity sessions.

Emergency Contact Details (to be completed by parent/carer)

Please indicate below the person who should be contacted in case of an incident/accident

Contact Name: Relationship to Child:

Emergency Contact Numbers

Home: Mobile:

Notes

1. It is part of the British Cycling Code of Conduct to ensure that reasonable steps are taken to establish a safe environment where young people can enjoy developing their cycling skills.
2. Parents/carers are welcome to stay and watch the session but this is not compulsory.
3. Young people are expected to remain in the session from beginning to end unless they have to leave early. If the young person has to leave early or is being collected by someone other than the parent/carer, the parent/carer must advise the coach of the details of the arrangement, including who will be collecting the rider.
4. It is the young person's responsibility to participate in cycling activities in a sporting manner.
5. Any young riders who persistently misbehave or put others in danger will be asked to leave the session.
6. It is the parent's/carer's responsibility to ensure that their child's bike is in a safe condition to ride.
7. A correctly fitting cycling helmet must be worn at all times during the cycling activity sessions.
8. For all children under 12 years, coaching sessions will take place at a traffic-free facility. Over 12s may be involved in coaching sessions that take place on the public highway. Young people are only invited to take part when the coaches feel they are sufficiently responsible for their own actions and have developed the necessary bike handling skills and fitness levels in order to cope with riding on the public highways.

Please tick if you do not want your child to be involved in cycling activity sessions that take place on the public highways (See note 8 above).

Parental Consent

I, being the parent/carer of have read the information contained on this form and hereby consent to him/her taking part in the cycling activity sessions and understand and agree that he/she participates in cycling activity sessions under the instruction of British Cycling qualified coaches entirely at his/her own risk. I have considered the nature of such sessions and have discussed them with him/her. I am satisfied that he/she is sufficiently responsible and competent to assume full and entire responsibility for his/her own safety under the supervision of a British Cycling qualified coach. I confirm that he/she does not have any disability or medical condition (not disclosed overleaf) that could affect his/her ability to participate safely in cycling activity sessions.

- By returning this completed form, I agree to the child named above taking part in the activities of the club
- I understand that I will be kept informed of these activities - for example timing and transport details
- I understand that in the event of any injury or illness all reasonable steps will be taken to contact me, and to deal with that injury/illness appropriately

I wish to apply for membership of the Palmer Park Velo Cycle Club as a :-

- | | | | |
|--------------------------|-------------------|---------|--|
| <input type="checkbox"/> | Family Membership | £30.00 | (Not applicable to a Racing Team Member) |
| <input type="checkbox"/> | Senior | £17.50 | (16 and over or Racing Team) |
| <input type="checkbox"/> | Full Member | £15.00 | (Max age 15 years) (Youth) |
| <input type="checkbox"/> | Full Member | £12.50 | (11 and Under) (Sprat) |
| <input type="checkbox"/> | Associate Member | £17.50 | (Over 16 years) |
| <input type="checkbox"/> | 2nd Claim Member | As Full | (Name of other Club:)) |

I undertake to abide by such rules and regulations, which have been or will be decided by an AGM of this club whilst I am a member

Name of Mother/Carer:

Name of Father/Carer :

Signature of Parent/Carer: Date:

Once completed please return this form to:

Sarah Dawson ~ Membership Secretary
 14 Arden Close, Bracknell. RG12 2SG
 Or **Julie Pitt** ~ at Registration



T25 (Criteria 5.5)

Code of Conduct for Parents/Carers and Other Supporters

Name of club: Palmer Park Velo

As a parent/carer of a member of the club, you are expected to abide by the following code by:

- Informing the coach of any specific health requirements or medical conditions of your child in advance of the coaching session by completion of a Club Membership form or a Parental Consent form
- Advising the coach if your child has to leave early or is being collected by someone other than a parent/carer, giving details of the arrangement including who will be collecting your child, when and at what time
- Encouraging your child to learn the rules and play within them
- Discouraging unfair play and arguing with officials
- Helping your child to recognise good performance, not just results
- Setting a good example by recognising fair play and applauding the good performances of all
- Never punishing or abusing a child for losing or making mistakes
- Publicly accepting officials' judgments and teaching children to do likewise
- Supporting your child's involvement and help them to enjoy their sport
- Using correct and proper language at all times
- Remembering that children participate in sport for their enjoyment, not yours
- Supporting all efforts to remove verbal and physical abuse from sporting activities
- Respecting the rights, dignity and worth of every young person regardless of their gender, ability, disability, cultural background or religion
- Showing appreciation and respect for coaches, officials and administrators. Remember, without them, your child could not participate

Name :

Sign:



T26 (Criteria 5.6)

Code of Conduct for Young People

Name of club: Palmer Park Velo

As a member of the club you are expected to abide by the following code by:

- Arriving for training and competition in good time to prepare properly
- Wearing suitable kit (including a helmet) and clothing for all cycling activity sessions, as agreed with the coach
- Warming up and cooling down properly on all occasions
- Playing within the rules and respecting officials and all their decisions
- Being a good sport by applauding all good performances, whether they are made by your club or the opposition
- Controlling your temper. Verbal abuse of officials and other riders, or deliberately distracting/provoking an opponent is not acceptable or permitted behaviour in any sport
- Working equally hard for yourself and your club. Remember, your club's performance will benefit, and so will you
- Respecting the rights, dignity and worth of all participants regardless of their gender, ability, disability, cultural background or religion
- Paying any fees promptly
- Abiding by the rule that junior members are not allowed to smoke on club premises or whilst representing the club at competitions
- Abiding by the rule that junior members are not allowed to consume alcohol or drugs of any kind on the club's premises or whilst representing the club
- Treating all participants in cycling as you like to be treated - not bullying or taking unfair advantage of another participant
- Cooperating with your coach, club-mates and opponents. Remember, without them there would be no competition
- Thanking officials and opponents after competition

Name:

Sign: