



Presents: **Bike Academy**

WK1	WK2	WK3	WK4	WK5	WK6	WK7	WK8

**(U18):**

These sessions will involve three levels. Each level will require the participant to complete a certain criteria with a certificate at the end of each stage. The first level will be based around the visitors centre in front of the bike shop and will involve various basic tasks, including track stands, limbos, manuals and safe breaking. The 2nd route will involve the skills area and skills loop where you will experience some of the single track in the forest with drop offs, berms and climbs. The 3<sup>rd</sup> level will only be reached on a minimum of three visits to the academy and will involve riding the 7Stanes10km blue route around Kirroughtree forest.

Parental Consent Form: PARTICIPANT DETAILS		Please itemise <i>all medical ailments, recent injury, illnesses, allergies</i> that your child suffers, here (or on another sheet)	
<b>Name:</b> _____ <b>Date of Birth</b> _____			
<b>Address</b> _____ _____			
<b>Home Tel. No.</b> <b>Emergency Contact No.(s)</b> _____			
<b>Name of Doctor</b> <b>Surgery Tel. No.</b>			
Please itemise <i>all medication</i> being taken by your child (including aspirins, medication for asthma, etc.). Please name each medication:			

I agree to my son/daughter/the above named child in my care taking part in the mountain bike academy. I understand that the nature of mountain biking has some degree of risk, and that my child will be participating in a mountain bike skills course within the forest of Kirroughtree. I understand that he/she takes part at his/her own risk and accepts that no responsibility for accidents or injury or loss or damage to personal property rests with the supervisory staff, unless proven to be caused by their negligence. I declare that to the best of my knowledge my child is competent and medically fit to participate in the activities as part of a group. I agree that medical treatment will be given as necessary and in case of emergency.

Signature of Parent of Guardian: _____ Date: _____
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Presents: **Bike Academy**

WK1	WK2	WK3	WK4	WK5	WK6	WK7	WK8

Over 18:

These sessions will involve three levels. Each level will require the participant to complete a certain criteria with a certificate at the end of each stage. The first level will be based around the visitors centre in front of the bike shop and will involve various basic tasks, including track stands, limbos, manuals and safe breaking. The 2nd route will involve the skills area and skills loop where you will experience some of the single track in the forest with drop offs, berms and climbs. The 3<sup>rd</sup> level will only be reached on a minimum of three visits to the academy and will involve riding the 7Stanes10km blue route around Kirroughtree forest.

Consent Form: PARTICIPANT DETAILS		Please itemise <i>all medical ailments, recent injury, illnesses, allergies</i> that your child suffers, here (or on another sheet)	
<b>Name:</b>	Date of Birth		
Address		Please itemise <i>all medication</i> being taken by your child (including aspirins, medication for asthma, etc.). Please name each medication:	
Home Tel. No.			
Emergency Contact No.(s)			
Name of Doctor			
Surgery Tel. No.			

I agree to my take part in the mountain bike academy. I understand that the nature of mountain biking has some degree of risk, and that I will be participating in a mountain bike skills course within the forest of Kirroughtree. I understand that I take part at my own risk and accept that no responsibility for accidents or injury or loss or damage to personal property rests with the trail cycle leader, unless proven to be caused by their negligence. I declare that to the best of my knowledge, I competent and medically fit to participate in the activities as part of a group. I agree that medical treatment will be given as necessary and in case of emergency.

Signature of Parent of Guardian: _____ Date: _____
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