



PARENT CONSENT & DATA PROTECTION FORM

Thames Velo Sunday Cycle rides are generally open to anyone to attend. They take place on open roads throughout the Thames Valley region throughout the year. These rides are not races & so have no support vehicles or first aiders in attendance. They are social events purely for the benefits of exercise & the pleasure of enjoying cycling through the countryside in the company of other cyclists.

The normal Sunday rides are long distance & so are physically demanding. A good level of fitness is required. Introductory rides will be of a much shorter duration in order to give new riders the opportunity to enjoy the experience of group riding. None the less good health & a reasonable degree of fitness is recommended.

The club has decided that a minimum age of 15 years old will be applied to these rides. Any person over 15 & under 18 should only attend having obtained the signed agreement of their Parent/Guardian.

Bikes must be roadworthy & riders must wear a helmet.

In the event of a mechanical problem or a puncture the ride will stop while a repair is made. No rider will be left behind & in the event of a difficult problem, experienced riders will escort a junior back to the start/home as necessary.

The participant should bring the fully completed consent form with them when attending a ride. It should be passed to the "Run Leader" or any club member before starting the ride

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I being the parent/guardian of _____
have read the information listed above and hereby consent to the above named child taking part in the Thames Velo Sunday Rides. I understand that participation is entirely at his/her own risk. I have considered the nature of the Sunday Rides and have discussed them with the participant. I am satisfied that he/she is sufficiently responsible and competent to assume full & entire responsibility for his/her own safety & that he/she will not compromise the safety of others on the rides.

I have read all the information on the [THAMES VELO](http://www.thamesvelo.org.uk) website relating to Sunday Club Rides/Introductory Rides. YES NO

Signed & Print (Parent/Guardian): _____

DATE: _____

PARTICIPANTS DETAILS:

Name: _____ DoB: ___/___/_____

Address: _____

Town: _____ PostCode _____

Home Tel: _____ e-mail: _____

Emergency Contact Details:

Name: _____

Relationship to Participant: _____

Contact Tel: _____

If the participant has any medical conditions that may be exacerbated by physical activity than you must consult your GP first & obtain his/her written consent.

The participant is in good health & has no known medical conditions that will prevent him/her from cycling with Thames Velo. YES

The participant has a medical condition but has the support of his/her GP to ride with Thames Velo. The matter has been discussed & agreed in confidence with the [Club Secretary](#) YES

All personal data is for the use of Thames Velo only. It will not be forwarded to any other party.

On occasions photographs/video footage may be taken during rides. These pictures may appear on the Thames Velo website. The participants name may also appear on the website in pages such as the "Runs Report" page.

If you object to the use of such information then please tick here: