

**ADULT CYCLE CONFIDENCE SESSION BOOKING FORM**

**Two hours of FREE training with a National Standard Instructor and one or two trainees is available to adults who live, work or study in Devon (excluding Torbay and Plymouth).**

This will be delivered by the Plymouth School Sports Partnership (PSSP) on behalf of Devon County Council.

Adult Cycle Confidence Sessions have been designed to give you the skills, tips and confidence enabling you to make those first steps towards cycling to work or place of study.

Please complete this booking form and return it by email to [psspadmin@sirjohnhunt.plymouth.sch.uk](mailto:psspadmin@sirjohnhunt.plymouth.sch.uk) or by post to Lance Chatfield, Plymouth School Sports Partnership, Lancaster Gardens, Plymouth, PL5 4AA

First Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Surname \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Tel Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Post Code\_\_\_\_\_\_\_\_\_\_\_\_

Age Range 18 – 24 25 – 34 35 – 44 45 – 54 55 – 64 65 – 74 75+  *(please circle)*

Gender: Male Female *(please circle)*

Would you prefer an instructor of the same sex, if available? Yes No Don’t mind

Please provide the name and phone number of someone who can be contacted in the event of an emergency.

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tel Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- |
| In a typical week, on how many days do you do at least 30 minutes of moderate intensity physical activity such as brisk walking or cycling? *(please circle)* | 0 1 2 3 4 5 6 7 |
| How would you rate your cycling ability on a scale of 1 – 10 (where 1 is the lowest and 10 is the highest)? *(please circle)* | 1 2 3 4 5 6 7 8 9 10 |

In which town do you work or study? (If not applicable please leave blank)

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Continued overleaf..

**Please sign and date the following Declaration**

1. I consider myself fit to participate in the activity and will advise the instructor of any medical conditions. I will ensure that I have all the relevant medication with me at all times (if required). I will consult a Doctor prior to the activity if I am in any doubt about my health.
2. I am responsible for my own safety at all times and I am aware there is always an element of risk when cycling on a public highway. I understand that the insurance cover provided by Plymouth SSP is for Public Liability only. I also understand that Plymouth SSP does not provide Personal Accident Insurance for anyone undertaking this training, nor does it accept responsibility for the actions or personal behaviour of participants.
3. I understand and accept that Plymouth SSP is not responsible for any injury to persons or loss or damage to property which does not result from the negligence of the instructor. Plymouth SSP also accepts no responsibility whatsoever for any injury, loss or damage which occurs on the way to and from an activity.
4. I understand that I will be required to wear a cycle helmet for the cycling activities and that I am responsible for the bicycle that I am using and am confident that it is in a safe and usable condition.
5. I understand that Devon County Council will need to contact me for feedback on this cycle confidence session and inform me of other sustainable travel options and therefore require my email address. My details will be stored in accordance with the Data Protection Act and will not be passed to third parties.
6. I have read and understood the conditions above.

Signature / Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

An instructor will be in contact to agree with you a convenient location to meet. This could be where you live or work. We hope you enjoy your FREE cycle confidence session.

For more information on cycling in Devon please visit [www.cycledevon.info](http://www.cycledevon.info) or follow us on Twitter

twitter.com/CycleDevon

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