



go-ride

Developing the Next Generation of Cyclists

London Coaching Activities 2009



**3rd to 6th August 2009
&
10th to 13th August 2009**

Go-Ride BMX sessions for all abilities

Ages 8-16

Under 8's with own BMX bike and helmet welcome,
please confirm by phone.

**Dagenham BMX Track
Old Dagenham Park
Church Elm Lane
RM10 9SH**

From 10:00 to 15:00

**Free session thanks to support from
LBB**

(Bike and helmet supplied if required)

**Quality coaching led by Qualified British
Cycling Coaches**

For further information please contact Alastair Findlay:

Mobile Phone Number. **07534 281 266**

E-mail Alastairfindlay@britishcycling.org.uk

**To book a place please complete the form opposite and
return to address below:**

**Alastair Findlay
c/o Herne Hill Stadium
104 Burbage Road
SE24 9HE**

**Please wear long trousers, long sleeved top and full finger gloves. Bring plenty to eat and
drink.**



Registration and Parental Consent Form

I being the parent/guardian of _____ have read the information contained in this notice and hereby consent to my child taking part in the coaching sessions and understand and agree that my son/daughter participates in coaching sessions under instruction by British Cycling coaches entirely at his/her own risk. I have considered the nature of such sessions and have discussed them with my son/daughter. I am satisfied that my son/daughter is sufficiently responsible and competent to assume full and entire responsibility for his/her own safety under the supervision of a British Cycling coach. I am also aware that British Cycling may take photographs/video footage during the Go-Ride activity and give permission for them to be used in various British Cycling publicity purposes.

Signed(Parent/Guardian): _____ **Date:** _____

Participant Details

Name: _____ **Male/Female:** _____

Date of Birth: ___/___/___ **School Year:** _____ **School:** _____

Address: _____

Postcode: _____

British Cycling Membership Number (if applicable) _____

Home Telephone: _____

Email Address: _____

Do you have a disability? Yes/No If yes, please give details: _____

Emergency Contact Details

Name: _____ **Relationship to Participant:** _____

Contact Telephone Number (including area code): _____

Medical Information

Please make a note below of any medical conditions you feel we need to know about. 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 the Go-Ride Activities.

Ethnicity

White

British Irish Other white (please state) _____

Mixed

White & Black Caribbean White & Black African White & Asian
Other Mixed (please state) _____

Asian or Asian British

Indian Pakistani Bangladeshi
Other (please state) _____

Black or Black British

Caribbean African Other black (please state) _____

Chinese Any other (please state) _____

Please ensure that the completed form is returned to the address overleaf prior to taking part. Please make Cheques Payable to **British Cycling**
Note: All information is stored within Data Collection Act rules, details are available on request.

Summer at Dagenham BMX
August 3rd to 6th, 10th to 13th