



# **WEST HALLAM PARISH COUNCIL SUMMER ACTIVITY DAYS FOR SECONDARY SCHOOL AGED YOUNG PEOPLE – 11-16 YEARS**

A different school holiday experience offering adventure, mud and fresh air!

In partnership with West Hallam Parish Council, **Peak Cycling** will be running **mountain bike activity days** throughout the summer benefitting young people who live in West Hallam.

**Drop off & pick up in West Hallam**  
**Bikes helmets & gloves provided**  
**Transported to local parks and trail centres**  
**Bring a packed lunch**  
**Trail snacks provided.**

Fully qualified and experienced leaders provide expert training to help improve skills and safety in this sport.

Each day has 5 places available so book early. There are five days for you to choose from. With a maximum of 25 places available, you will be able to attend one day only. Please indicate which dates you would be able to attend, ranking them in order of preference.

It is a fantastic opportunity to have a fun filled summer day doing an activity you love. Make new friends, stay active during the holidays and most importantly have a great time and learn/develop new skills.

Parents note: All staff are fully qualified, insured, have fully enhanced DBS checks and First Aid Trained to further safeguard your child.



<b>Dates</b>	<p>Thursday 27th July          Tuesday 8th August          Monday 14th August          Friday 25th August          Wednesday 30th August</p> <p>You will be able to attend ONE of these days only</p>
<b>Venue</b>	<p>Meet at Community Centre Car Park</p> <p>Depending upon the ability of the individuals in group, you will then be transported to a local trail Centre or into the Peak District.</p> <p>All transport to location is included.</p>
<b>Times / Sessions</b>	<p>This activity is for the full day - 8.45am – 5.30pm</p> <p>You will need to bring a packed lunch. Water and trail snacks will be provided.</p>
<b>Cost</b>	<p><b>Cost for the full day is £15 per person</b>          This includes transport to location, bike, helmets and gloves, drinks and biscuits</p> <p>These activity days are subsidised with funding West Hallam Parish Council (normal price £35)</p>
<b>Your child will need</b>	<p>Suitable clothing (no denim)          Waterproof layer          Sensible footwear          Full change of clothes if forecast is wet          You will need to bring a packed lunch.          Water and trail snacks will be provided.</p>

1. The activity days are open to boys and girls of any ability from secondary school Years 7-11
2. A maximum of 5 participants on each session
3. Please complete and return the application form on the next page along with cash or cheque (£15) made payable to Peak Cycling to secure a place
4. Return all completed applications in an envelope to  
**Peak Cycling, 72 High Lane West, West Hallam DE7 6HQ**
6. We will confirm which day your child can attend by 19th July 2017



# APPLICATION FORM

## West Hallam Parish Council

### Summer Activity Days

<b>NAME</b>	
<b>AGE</b>	
<b>ADDRESS</b>	
<b>SCHOOL</b>	

Each day can take a maximum of 5 places so book early. There are five days for you to choose from. With a maximum of 25 places available, you will be able to attend one day only. Please indicate which dates you would be able to attend, ranking them in order of preference. **Put a X in box you definitely cannot attend.**

Thursday 27 <sup>th</sup> July	
Tuesday 8 <sup>th</sup> August	
Monday 14 <sup>th</sup> August	
Friday 25 <sup>th</sup> August	
Wednesday 30 <sup>th</sup> August	

#### Terms and Conditions

Places are only guaranteed when payment and forms are sent and confirmation is received (which will be sent by email from [hello@peakcyclinguk.com](mailto:hello@peakcyclinguk.com))

If you have booked a place and then cannot attend the day, your £15 is non-refundable unless we can fill the place with another child (depending upon whether we have a waiting list for that day)

If your child cannot attend the day please give us at least 48 hours' notice in order to try to fill the space.

We can be contacted on [hello@peakcyclinguk.com](mailto:hello@peakcyclinguk.com) anytime or 07954 375826 between 0800 and 2000. Spaces on the day are very limited so please only book for a day on which your child can attend...and please ensure your child turns up on the day! West Hallam Parish Council are subsidising the places and want the maximum amount of people to benefit from the day – **don't waste a space!**

We expect excellent behaviour at our schemes. We will not tolerate poor behaviour and parents will be contacted or spoken to at the end of the day if we feel these standards are not met

Please ensure the contact phone number on your child's form is contactable throughout the day in case we need to get in touch for any reason regarding your child.

1 Rider's details				
First name		Last name		
Gender	Date of birth	Age		
Own bike wheel or frame size	Height (cm)			
Address		Telephone (parent/carer)		
		Mobile (parent/carer)		
Email (parent/carer)				
Previous experience for cycling event ( <i>circle or bold</i> )	Beginner	Occasional cyclist		Frequent cyclist
How fit are you?	Not very	OK	Quite fit	Really fit
Have you ever participated in cycling coaching before? e.g. Bikeability?		Yes		No
Do you ever cycle on the road?		Yes		No
2 Emergency contact details				
First name		Last name		
Relationship to rider		Telephone		
Work telephone		Mobile		
3 Disability				
Do you consider yourself to have a disability?		Yes	No	Prefer not to say
If yes, what is the nature of your disability?		Hearing Physical	Learning Visual	Mobility Other Multiple Prefer not to say
Please provide details of any particular support you require				
4 Medical information				
a) Do you suffer from any of the following conditions?		Asthma   Bronchitis   Chest problems   Diabetes Fainting   Migraines   Heart Trouble   Raised blood pressure   Tuberculosis		
If yes to any of the above, please provide details				
b) Do you suffer from any other condition requiring medical treatment or medication?		Yes		No
If Yes, please provide details				
c) Are you allergic or sensitive to any medication, insect bites or food or have any other dietary needs?		Yes		No
If Yes, please provide details				
d) Are you taking any form of medication regularly?		Yes		No
If Yes, please provide details, including the type of medication and dosage				
<b>PLEASE ENSURE THAT YOU BRING ADEQUATE SUPPLIES OF MEDICATION AND DOSAGE FOR THE DURATION OF THE ACTIVITY</b>				
e) To the best of your knowledge, have you been in contact with any contagious or infectious diseases, or suffered any recent conditions that may become infectious or contagious?				
Yes   No				
If yes, please provide details				
f) Please supply any additional information the Leader should be aware of which may affect the full range of activities in this ride, and what support or modifications are needed:				

#### 5 Insurance cover

The ride is insured in respect of legal liabilities (third party liability). However, participants have no personal accident cover unless they have been specifically advised of this in writing by the organiser of the ride. It is the participant's responsibility to arrange for any extension of insurance cover (including cover for possessions and effects) unless advised in writing differently by the leader or organiser of the ride.

#### 6 Parental/Carer consent

The following **MUST** be read and signed by the parent/carers and returned to the leader at least 48 hours before the child may participate in the activity

- In the case of an emergency I agree to my child being given any medical, surgical or dental treatment, including general anaesthetic and blood transfusion, as considered necessary by the medical authorities present
- I have read the attached information provided about the proposed activity and the insurance arrangements
- I consent to my child ( ) taking part in the ride, and having read the information sheet, declare my child to be in good health and physically able to participate in any activities mentioned
- I have noted where and when the participants are to be returned and I understand that I am responsible for my child getting home safely (unless additional pick up / drop off has been arranged)
- I am aware of the insurance cover
- I will ensure that any change in the circumstances (recent injury or illness) which will affect my child's participation will be notified to the leader prior to the ride

#### 7. Payment and T&Cs

Please pay by cash or cheque payable to Peak Cycling. Do not send cash through the post

#### 8. Risk declaration

Peak Cycling leaders are qualified British Cycling Mountain Bike Leaders with enhanced DBS clearance, a high level of first aid training (NGB 2 day outdoor), are safeguarding trained and really nice people. They will do their utmost to help you or your child have a great time. All of our bikes we use are safety checked before every ride. However it is your responsibility to ensure that your bike and ancillary safety equipment (such as your Bike Helmet) are in a good state of repair and in working order. Peak Cycling reserve the right to refuse to allow you to participate in any activity if your bike and/or safety equipment is found to be of a poor state of repair/broken, defective or unsafe. The wearing of a cycle helmet is compulsory. Unexpected risks and equipment failure can arise and although the Peak Cycling team are trained to look out for these risks and make on the ride adjustments, people can and do fall off bikes. The information on this form will help the Peak Cycling team to take the best care of you or your child should this happen. Risk can be reduced to acceptable levels by implementing appropriate risk assessments. Copies of risk assessments are available on request.

I accept that there is an inherent risk of injury in participation in cycling activities. I accept that it is my responsibility to ensure that any bike and ancillary safety equipment my child brings to a Peak Cycling activity is in good working order, safe to use, and in the case of cycling helmets complies with current safety standards (at least BSEN 1078 or Snell B90) and is no more than three years old.

I understand and accept that my children cycle at their own risk

Signature of parent/carers

Date

Name of parent/carers

Address (if different to rider's details)

#### 9. Photos and marketing

Photos & video may be taken during the event for use on peakcyclinguk.com, our social media or other marketing material. If you prefer not to appear in such material, **please circle the text** and we will do our best to respect your wishes. No names will appear next to any images used.

No photos please

Peak Cycling UK would like to put you on our mailing list so we can keep you up to date with future events. If you prefer not to receive occasional updates, **please circle the text**.

No marketing please



Look out for pictures on our website gallery, or follow us on Twitter or Facebook, where we will also post updates of what we are up to. Subscribe on the website for occasional updates.

**We also run**

Tours	Road, Gravel, Mountain biking
Training	After school, School holiday, Group sessions
Teams	Challenge rides, Bike Hunt, Bespoke events

**[peakcyclinguk.com](http://peakcyclinguk.com)**

Twitter: [peakcyclinguk](https://twitter.com/peakcyclinguk)

Facebook: [peakcyclinguk](https://www.facebook.com/peakcyclinguk)

[hello@peakcyclinguk.com](mailto:hello@peakcyclinguk.com)