



1:1 CYCLE TRAINING BOOKING FORM

Name:

Age:

Address:

Contact phone number:

Email address:

Date:

- All of our training is delivered by professional National Standard Cycle Instructors.
- It is for all abilities-those who have never cycled before to experienced cyclists.
- 1:1 training is heavily subsidised by the Cycle Exeter project at £10 per hour.
- If you need to cancel or reschedule please contact the instructor within 24hours of the session. Failure to do so will result in losing your fee or your free session.
- Cheques only, payable to Devon County Council. Please write your name on the back.
- Lastly, we are currently offering the first hour **FREE!**

Number of hours required	Cost	Please tick
1	FREE	
2	£10	
3	£20	
4	£30	
5	£40	

An instructor will contact you to book a mutually convenient time slot. Which days of the week and times are preferable to deliver your training?

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Do you have a certain journey or trip in mind?

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.....

How do you view yourself as a cyclist? (e.g. "Never cycled before" or "unconfident", "Good")

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Are there any health conditions we should know about?

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.....

How do you feel about cycling amongst traffic?

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.....

Do you drive a car or ride a motorcycle?

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.....

Which sporting activities do you participate in?

.....
.....

If you have any other comments that you feel would be beneficial for your Instructor please mention below e.g. which areas of cycling do you feel you need to gain more experience in?

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Do you have your own bicycle? (If not we can advise where you can hire one)

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If you could achieve **ONE** thing from the training what would it be?

.....
.....

Where did you get this booking form from? (E.g.Name of instructor)

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CYCLE TRAINING CONSENT FORM

NAME OF TRAINEE:

I consider myself fit to participate in the Cycle Training Programme and will advise the Instructor of any medical conditions and I will ensure I have all the relevant medication with me at all times (if required). I will consult a Doctor prior to the training if I am in any doubt about my health.

The bicycle ridden by myself is of a suitable size, and is clean and roadworthy and if I am in doubt as to whether a bike is roadworthy I should seek the advice of a professional mechanic.I will attend the course with a properly fitting cycle safety helmet (to EN1078, BS 6863, AS2063, ANSI Z 90.4 or SNELL standard).

I appreciate that the training may include on-road tuition and, whilst close supervision will be exercised, I am aware there is always an element of risk when cycling on a public highway.I also understand that Devon County Council does not provide Personal Accident insurance for anyone undertaking this course, nor does it accept responsibility for the actions or personal behaviour of participants.

I understand and accept that Devon County Council is not responsible for any injury to persons or loss or damage to property which does not result from the negligence of an instructor. Devon County Council also accepts no responsibility whatsoever for any injury, loss or damage which occurs on the way to and from a lesson.

I live, work or study in Exeter/Exe Estuary locality

Signature: Date.....
(Parent/carer signature if under 16)

Please post with your payment (if applicable) to:

Cycle Exeter Cycle Training Team
Devon County Council,
Lucombe House AB3
Topsham Road,
Exeter,
EX2 4QW.

Tel: 0845 155 1004

An instructor will contact you to book your session/s. After your training is completed they will ask you to complete a Trainee Feedback form. The Cycle Exeter team hope you enjoy your training!

Office Use:			
Date form/payment received	Amount & cheque no.	Instructor allocated	Course reference