

British Cycling Pathway Development Centre Circuit

KIT CHECK LIST

Dress for the conditions, but don't over dress! You should be wearing warmers now, as the session progresses the temperature will drop so be prepared.

What to wear, its easier to under or over dress, generally you should feel cool when you start the session as you warm up in the first 10-15 minutes you should be at a manageable temperature but not sweating. Gillets are very versatile as you can add or remove them quickly.

1. Clean well maintained road bike with 2018 Youth restricted gear
2. Tyres Levers
3. Sapre Inner Tube x2
4. Handpump
5. Helmet & Cycling shoes
6. Gillet
7. Rain cape
8. Skull cap <http://www.wiggle.co.uk/dhb-kids-skull-cap?sku=5360658354&source=igodigital>
9. Leg warmers
10. Arm warmers
11. Base layer (short sleeve) Sept-Nov (long sleeve + warmers) Nov Feb
<https://www.sportsdirect.com/campri-thermal-baselayer-top-mens-402093?colcode=40209303>
12. Clean cycling shorts
13. Bib Tights – these are really useful & really help keep riders warm <https://goo.gl/XSojsf>
14. Thermal jacket <https://goo.gl/Fnn7u2>
15. Long finger gloves (to reflect temperature)
16. Wet Bag (a water proofbag) <https://www.sportsdirect.com/karrimor-dry-bag-784313>

2018 4th October-20th December 2019 - 3rd Jan - 11th April

TIMES 18:15-20:15 - Sign on 18:00-18:10 on circuit ready to ride 18:15

CCT Parent Consent Form

Please bring this completed & signed form to your first session

I, being the parent/guardian of _____ understand and agree that my son/daughter participates in coaching sessions under instruction by British Cycling coaches entirely at his/her 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 responsibility for his/her safety.

Signed: _____ Date: _____

Notes

- It is part of British Cycling Code of Conduct and Code of Ethics to ensure that reasonable steps are taken to establish a safe environment where the youngsters can enjoy developing their cycling skills.
- The coaching sessions will take place at a traffic free facility. Youngsters are expected to remain in the session from beginning to end unless prior arrangements have been agreed.
- Any youngsters who persistently misbehave or put others in danger will be asked to leave the sessions and will not be allowed to attend in future.
- It is the parent's responsibility to ensure that their child's bike is in a safe condition to ride.
- A cycling helmet must be worn at all times during the coaching sessions.

Emergency Contact Details

Name: _____ Relationship to participant: _____

Mobile Number: _____ Home Tel: _____

Medical Information

Please make a note of any medical conditions you feel we need to know about below :