



Parental Consent - Addendum for Youth (Road) Membership

[Available online as part of the Youth (Road) joining process at: www.verulamcc.org.uk]

Purpose: *This covers additional consent for a Youth member to participate in Sunday, open road, Club runs. The activity will be a group ride on the public highway, with adult supervision. The activity will not be a coaching session.*

Please note: This form must be completed and submitted to The Youth Development Secretary before selecting to up-grade from Youth Membership to Youth (Road) Membership. An additional £5 fee applies.

By signing and submitting this form to VCC, I acknowledge and understand all the following points and agree that my child/ward:

1. Is self-sufficient on the open roads and can ride on main highways unsupervised;
2. Understands the Highway Code;
3. Understands and will abide by the club's riding rules and etiquette;
4. Has a suitable road bike (with drop handlebars) and will wear appropriate riding gear for the weather conditions;
5. Can repair a puncture and perform rudimentary bike repairs road side;
6. Will carry spare inner tubes, tyre levers, a multi-tool and some spare cash for food/drink;
7. Will carry a fully charged and working mobile phone;
8. Will always have a VCC bike fob, with emergency contact details attached to their bike/saddle-bag;
9. Has consent from a VCC Youth Coach that they are ready to "move up" to the senior Club runs groups;
10. Is able to travel home alone from within a 5-mile radius of the Alban Arena in St Albans;
11. Will only ride in a group with two or more other adult riders (for child safety reasons) and the consent of the Runs Leader on the day.
12. Will abide by the VCC Code of Conduct for Youth Members

All types of cycling are activities with a risk of accidents and a danger of personal injury. As a Parent/Guardian of a participant in these activities I recognise, understand and accept these risks and will be responsible for my child/ward's actions.

I have read and understood the information on this form and the Youth Development Secretary has satisfactorily answered any questions I have asked. I understand and agree that my child participates in the activity entirely at their own risk. I confirm that the information I have provided is correct and complete to the best of my knowledge.

Signed: _____

Name of Parent/Guardian: _____

Date: _____

Submit to VCC



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FAO VCC Club Secretary - c/o West Hill, Woodcock Hill, Sandridge, St Albans, Herts AL4 9EE, United Kingdom

Data Protection

This information will be handled in accordance with our [Privacy Policy](#).

Bike, Helmet and Clothing

It is the responsibility of the rider (or their parent/guardian/carer) if aged under 18 to ensure that their bike, helmet and clothing is appropriate, well maintained and in a safe condition and fitted properly prior to participating in the activity/session. Riders must wear a helmet which complies with current safety regulations when riding their bike.

Public Highway

When riding on the public highway, riders should be able to do so in a safe and competent manner. It is recommended that the rider should at least have one of the following:

1. Previously demonstrated in a traffic-free area, the riding skills required to ride on the public highway in a safe, confident and consistent manner.
2. Have substantial experience of riding on the road already.
3. Have attained at least Level 2 Bikeability.