

Dear Parent,

This application form asks for your permission to allow your child to take part in a bicycle safety training program. The purpose of this course is to give your son or daughter the skills and confidence to ride a bicycle safely to school or around the neighbourhood.

This is not a course to teach children how to ride a bicycle. This is a course to teach basic cycling survival skills, such as how to prevent the most common causes of cycling injuries to children. Each of the lessons in this course relates directly to the kinds of problems that result in thousands of young cyclists being injured in crashes and falls each year.

The best way for children to learn to ride their bikes safely is by practising actual procedures, under careful supervision by trained instructors. However, your child will not take part in any on-bike exercises without your permission (as indicated on this form). Your child is also free to refuse any activity that he or she is not ready for.

In order to take part in this course, your child must have a bicycle helmet and a bicycle in good working order.

The best helmet is one that belongs to your child. To make sure your child's helmet is safe, check the following:

- T Cycling helmet only - helmets designed for other sports do not provide adequate protection.
- T Contains stickers with CSA, ANSI, ASTM, Snell or CPSC approval ratings.
- T Correct size.
- T Undamaged (shell intact and attached, foam intact, straps and clips intact).
- T Sits level, with about one or two finger widths between the helmet and your child's eyebrows.
- T Straps correctly adjusted and tightened, so that the helmet does not tilt forward or backward.

If your child does not have a helmet, one may be made available for use during the course.

No one will be allowed to ride an unsafe bicycle. All bicycles will be inspected before the first ride. To ensure the safety of your child's bicycle, please check the following:

- T Tires pumped.
- T Handlebars tight.
- T Steering smooth, no wobbling (headset tight).
- T All brakes in working order and capable of stopping the bike.
- T Pedals spin.
- T Chain oiled.
- T No obviously worn or loose parts.

If you are not sure about the safe condition of your child's bicycle, have it inspected by a competent bicycle mechanic at a local bicycle shop. If your child does not have a bicycle, he or she will be permitted to borrow one from among the other participants in the course.

Also, please ensure that your child is wearing close-toed shoes (e.g. sneakers) for the course. Sandals or other open-toed shoes are not allowed for on-bike practice.

Course Name Grade Three Bicycle Safety Program presented by POW City Kinsmen	In case of emergency, contact						
Name	Name						
Organization name (if applicable)	Phone (home)	Phone (work)					
Address	Relationship to applicant						
	Allergies						
City	Postal Code	Age:	Under 8	8-11	12-14	15-17	18+
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Home Phone (if applicable)	Work Phone (if applicable)	Number of years riding		Male	Female		
				<input type="checkbox"/>	<input type="checkbox"/>		
The following information is optional. Please help the Saskatchewan Coalition on Bicycle Safety, the Saskatchewan Cycling Association and other agencies committed to injury prevention. This information will be used to compile bicycle safety statistics. Individual responses are kept confidential.							
Please check all that apply:							
Where do you ride?		<input type="checkbox"/> Rural	<input type="checkbox"/> Urban	What kinds of roads do you ride on?			
				<input type="checkbox"/> Highway	<input type="checkbox"/> Residential	<input type="checkbox"/> Main Thoroughfare	
Do you wear a helmet?		<input type="checkbox"/> Yes	<input type="checkbox"/> No	Have you ever had a bike stolen?		<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you ever crashed or fallen?		<input type="checkbox"/> Fall	<input type="checkbox"/> Bike/Car	<input type="checkbox"/> Bike/Bike	How long ago was your most recent crash or fall?		
		<input type="checkbox"/> Bike/Pedestrian	<input type="checkbox"/> Bike/Animal				

### Liability Release Form

In consideration of the acceptance of my child's application and by signing this release for the named applicant, I waive any and all claims for myself and my heirs against all sponsors, their officers and members and any other parties connected in any way with Borealis Outdoor Adventure, the Canadian Cycling Association, its provincial affiliates, and/or its Education Steering Committee for any injury, misadventure, harm, loss, inconvenience, or damage suffered as a result directly or indirectly from participation in the courses of the CAN-BIKE program or Bicycle Rodeo or any activities associated with it.

I further state that my child is in proper physical condition to participate in this program/course. I understand that cycling is an activity entailing a certain degree of danger and that the sites chosen to practice cycling skills are not necessarily the safest sites available. I agree to abide by the rules of the program/course. I further warrant that I will endeavour to maintain my child's bicycle in a safe operating condition.

Signature of parent or guardian	Date	
Name (please print)		
Address		
City	Postal Code	Telephone