

Booking Form Cycling Courses for over 16s

(please complete one form per person in block capitals)



Name:

Address:

Postcode:

Tel:

Email:

(please write clearly and case sensitive where applicable)

Male Female

Enter the details of the course you want to attend:

Venue:

Start date of course:

Please give a name and telephone number that can be used on the day of the course to contact someone in case of an emergency:

Health Screening

For most people, physical activity does not pose any risk, but we do ask that you let us know if you have an existing medical condition that we should be aware of by providing details here, or calling 0116 305 5289.

Details of existing medical conditions:

The information collected on this form will be held in line with the Data Protection Act 1998. It will be held electronically. It will be used by Leicestershire County Council to provide the service you have requested and for communicating information to you regarding related council services. The information will be kept for 3 years, unless you decide to unsubscribe from the service which you can do by e-mailing choosehowyoumove@leics.gov.uk

Declaration: I understand that it is important that I share information about any medical condition I have, and the information I have provided will be shared with those delivering the course. I also understand that Leicestershire County Council recommends that I wear a helmet that conforms to BS EN 1078. I am over 16 years old.

Signed:

Date:

About your cycling – please tick the boxes

1. Which of these statements best describes you:

- I can't ride a bike
 I can ride a bike but I'm not very confident at all
 I can ride a bike but I'm not confident enough to ride on busy roads

2. How often do you make a journey by bike?

- Never A few times a year or less
 A few times a month or less Once a week or more

3. If you have made a journey by bike in the last MONTH, where were you travelling to?

(tick all that apply)

- Work School or college
 Services (shops, doctors, library etc)
 Visit friends or family
 Recreational activity (a pub, theatre, cinema, etc)
 Other I haven't made any journeys by bike

4. I would like to hire a bike, subject to availability

(£20 refundable deposit is payable on first session*)

- YES NO

5. I would like to borrow a helmet, subject to availability

- YES NO

(£10 refundable deposit is payable on first session*)

6. How did you find out about the course?

7. Have you attended a previous Adult Cycle Course run by Leicestershire County Council? YES NO

I would like to be kept informed of other walking/cycling events and evaluate the adult cycle courses

- YES NO

For further information or enquiries call 0116 305 5289 or email choosehowyoumove@leics.gov.uk.

Please send the booking form to:

ETD Central Admin, Leicestershire County Council, County Hall (Room 700), Glenfield, Leicestershire LE3 8RJ

On receiving your booking form, (and if a place is available), a course information leaflet containing further details will be sent to you. Places are allocated on a first come first serve basis.

*Cheques made payable to Leicestershire County Council