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**ENROLMENT FORM**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Contact number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**EMAIL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Emergency Contact:**

 **Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Relationship: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Age (circle one):**

**3-8 8-12 13-19 20-29 30-39 40-49 50-59 60-69 70-79 80-89 90-99**

Do you have any physical conditional that prevents you from being able to cycle? YES NO

If yes, please tell me about it: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have any other health conditions (such as asthma) that I should know about? YES NO

If yes, please tell me about it: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Do you have any allergies I should know about? YES NO

If yes, what is it? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How often do you currently cycle on the road (1-never, 5-all the time) 1 2 3 4 5

What is your approximate skill level riding a bike?

* Can’t ride a bike
* Can ride, but am not good at getting on or stopping
* Can ride, but can’t take my hands off
* Can ride pretty well, but need more skills to ride confidently
* Can ride well, but need more confidence and skills for road cycling
* Am very confident, but want to learn more skills for advanced road cycling

Do you use an **E-BIKE** or a **STANDARD** bike? Please circle one.

Do you agree to photos of yourself being used on social media?

* YES—feel free!
* NO way!
* SURE, but please approve photo with me first

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Please tick what you would like to learn in your session. I will try to accommodate what you want to cover in the time we have, however more time may be required depending on your existing skill level and the length of the session.

* How to ride a bike
* How to take your hands off your bike
* How to steer and manoeuver your bike confidently
* Understanding road signs and laws
* How to fit a helmet properly
* How to use cycle lanes
* How to be visible and communicate with drivers
* How to change lanes confidently
* How to go through signalled intersections
* How to go around roundabouts
* How to get from home to work, or home to school, safely
* How to identify hazards along the road
* How to signal properly
* How to make a right hand turn at an intersection
* How to fix a flat tire
* How to put a chain back on
* How to use your gears to go up hills and into the wind
* Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Disclaimer**:

Easy Street Cycling NZ cannot be held responsible for any injury to yourself or to your property. While every effort is undertaken to ensure your safety at all times, you agree that you are participating at your own risk and Easy Street Cycling NZ cannot be held liable. You should understand that when participating in any cycling activity, there is the possibility of physical injury. If you engage in this programme, you agree that you do so at your own risk, are voluntarily participating in these activities, and assume all risk of injury to yourself.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_.