



Come Cycling with VC Jubilee Youth Cycling Club.

Based in Shoreham

**Saturday Mornings 9 – 12 including
Skills sessions and Mountain Bike Rides.**

**Free to members – Annual Membership just £30
British Cycling Go-Ride Club with trained coaches**

**But we don't just go mountain biking
and we don't just do Saturdays!**

With VC Jubilee try out other disciplines as well.

Road – Circuit, Time Trialling, Road Racing and Club Rides

Track – Indoor and outdoor Velodrome riding, local league

Cyclocross – Off Road, fast and muddy

Regular coached and training sessions in all disciplines.

The emphasis is enjoying cycling at whatever level and in whatever discipline suits you. The best way to find out about us is to come along and give us a try one Saturday (no commitment to join). We just need a signed parental consent (see over). Bring a bike, helmet, drinks and snack.

Most Saturdays we meet on the Adur Recreation Ground, Brighton Road, Shoreham, BN43 5LT (besides Norfolk Bridge)

(normally on the first Saturday of each month we visit Stanmer park)

Check out the website at www.vcjubilee.co.uk or email contact@vcjubilee.co.uk

VC Jubilee is the youth development wing of Brighton Excelsior Cycling Club providing a great cycling environment for the whole family

VC Jubilee Temporary Membership Form (parental consent)

Members details -					
Name				Date of Birth	
Address					
Post Code		Home telephone		Male	
				Female	
Riders Mobile					
Riders Email					
Cyclists Medical / disability / any other information: Please detail any important information that our coaches/club should be aware of (eg epilepsy, asthma, diabetes, allergies, adhd, hearing or visual impairment, physical or learning disability, etc) or any other relevant information such as any specific requirements regarding the rider leaving the sessions..., please include any medication and indicate if the rider should be carrying this. Or if the cyclist has a medical condition, the recommended treatment/actions to be taken if symptoms appear...					
Parent / Guardian contact information (please complete for any member under 18)					
Contact					
Name				Relationship	
Phone	Home		Mob		
Email					
All information provided will be used purely for the running of the club and session. No details will be passed to any third party.					

Important Notes regarding Membership:

- By signing below you are giving full consent, permission and approval for the cyclists named above to participate and enjoy any of the normal activities undertaken by members of VC Jubilee and Brighton Excelsior Cycling Clubs which are held within the auspices of and by the officials of the club and that whilst every reasonable care and precaution will be taken by them, they will not be held responsible for any personal injury, damage or loss to the cycle or named cyclist whilst with the said cycling clubs and that with regard to racing, should he/she participate, the rules of both the club and the official bodies concerned will be fully complied with.
- By signing below you are agreeing to abide by the Parents/Guardians Code of Conduct and will ensure that the cyclist named above understands and complies with the Members Code of Conduct as detailed in the VC Jubilee Members Handbook included with this application form.
- The club has adopted and works toward the British Cycling Coaches Code of Conduct, Ethics, Equity and Child Protection policies to ensure that reasonable steps are taken to establish a safe and equal environment where the young club members can enjoy developing cycling skills.
- They are encouraged to become Members of British Cycling National Governing Body and remain members of that whilst they are members of VC Jubilee, and hopefully beyond as they continue cycling. The club Membership Secretary has further details.
- It is the parent's/guardian's responsibility to ensure that their child's bike is in a safe condition to ride.
- All members must wear a sound cycling helmet at all times during cycling sessions.

Parent/Guardian Consent:

I, being the parent/guardian of the cyclist named above, have read the information contained in this form and hereby consent that the cyclist participates in coaching sessions under instruction by VC Jubilee adult volunteers (all leaders are monitored by a "British Cycling" Coach) entirely at his/her own risk. I have considered the nature of such sessions and have discussed them with cyclist named above. I am satisfied that they are sufficiently responsible and competent to assume full and entire responsibility for his/her own safety. I understand that in the event of an injury or illness all reasonable steps will be taken to contact me, and to deal with that injury/illness appropriately.

Signed Parent/Guardian: _____ Date: _____

Please note the signature must be witnessed by a club official