



Off Road Cycling Skills Day

Monday 15th February
From 8.30am to 4.00pm
at
The Adventure Centre
Kelly College
Tavistock

For children aged 8 to 12

What to bring . . .

- **Bike suitable for off road use**
- **Helmet**
- **2 sets of cycling clothes and shoes (including waterproofs)**
- **Packed lunch, drinks and snacks**

Children must be dropped off and picked up at The Adventure Centre, Kelly College.

To make a booking . . .

Please complete the booking form and consent form and return with payment to:

The Administrator
Kelly Enterprises Ltd
Parkwood Road
Tavistock



Telephone: 01822 616235

Email:
kellyenterprises@kellycollege.com

www.theadventurecentre.co.uk

Consent Form - Off Road Cycling Skills Day

I, the Parent/Carer, hereby give permission for the child named overleaf to take part in the Off Road Cycling Skills Day activities. I agree that during their visit the staff member in charge may act on my behalf in all matters affecting him/her. I understand that reasonable efforts will be made to contact me before taking any action, but this may not be possible. I confirm there are no medical or other reasons why he/she cannot take part in these activities and I fully understand that every possible effort will be made to ensure the safety of him/her during activities but there is still an element of risk within these activities.

Has the applicant suffered from any medical condition, which could adversely affect his/her performance? If in doubt please give details

Has he/she any known allergies or suffer from Asthma or Hayfever

I confirm the information given is correct to the best of my knowledge.

Date:

Signed Parent/Carer :

Photographs may be taken during activities for marketing purposes.

Off Road Cycling Skills Day

Activities

Activities will be onsite at Kelly College and at a forest location nearby.

- Choosing the right gears according to the terrain
- Uphill and down hill technique
- Riding Forest Trails
- Basic Bike Maintenance

Staffing

All qualified coaches led by Nick Robinson

- *Director of Sport, Kelly College Preparatory School.*
- Former Olympic Swimming Coach.
- Coach to World, European and All-African Triathlon Champions.
- Nationally recognised for developing key skills in young athletes.

Children should be capable cyclists wishing to extend their skills and confidence.

Course Cost £30



This course is supported by the
British Triathlon
Association



The worlds largest Tri Store
www.triuk.com
01935 414142

Booking Form - Off Road Cycling Skills Day

Name _____

Address _____

Postcode _____

D.O.B _____

Tel No _____

Emergency Contact No _____

I enclose a cheque for £30 made payable to Kelly Enterprises Ltd

FREE T Shirt included with cost (tick size required) Ages: 7-8 9-11 12-13

FREE Water bottle and energy drinks provided by Tri-UK

Please sign the Consent Form overleaf * Late pick up will incur an additional cost *