

(Your MTB Club Name Here) Check-List

- * Completed Permission/Participation Form
- * Contact / Medical Information Sheet of Student and Parent
- * Waiver & Release signed by student and parent
- * Proof of Medical Insurance (copy of insurance card, or completed Contact/Medical form)
- * Consent to Treat Form
- * Ride/Equipment Requirements & Agreement
- * Media / Photo Release Form
- * Bike Check List

(Your MTB Club Name Here) Participation Guidelines

1. Regular and consistent attendance
2. Check-in with your bike club ride leader/advisor
(Put check mark by your name)
3. Show up for bike club ride prepared:
 - * Bike (Tires pumped, lubed bike chain, brakes work, extra tube etc.)
 - * Helmet
 - * Proper Clothing (no sandals or flip flops, etc)
 - * Biking gloves (optional)

2013-14 (Your MTB Club Name Here) Sign-Up Form

Rider's Info:

Last Name: _____ First Name: _____

Age: _____ Grade: _____ Cell No: _____

Parent Info:

Father's Last Name: _____ Father's First Name: _____ Relationship: _____

(H) Phone: _____ (C) Phone: _____

Physical Address: _____
(Street / P.O. Box ###) (City) (State) (Zip Code)

Mailing Address: _____
(Street / P.O. Box ###) (City) (State) (Zip Code)

Mother's Last Name: _____ Mother's First Name: _____ Relationship: _____

(H) Phone: _____ (C) Phone: _____

Physical Address: _____
(Street / P.O. Box ###) (City) (State) (Zip Code)

Mailing Address: _____
(Street / P.O. Box ###) (City) (State) (Zip Code)

Other Emergency Contact Info:

Last Name: _____ First Name: _____ Relationship: _____

(H) Phone: _____ (C) Phone: _____

2013-14 Media / Photo Release Form

To be filled out by the legal parent/guardian.
Please read and complete the information below.

I, _____ approve that my son / daughter,
_____ participates in the (*Your School Name Mountain Bike Club*), which rides after school in organized group school bike club rides.

Please check the appropriate line below:

_____ **YES**, I give my permission for (*Your School Name Mountain Bike Club*) and outside media agents (newspapers, television, etc.) to take photographs, video, and otherwise document my child involved in the activities of this program. I give permission for any photographs or video material of my child to be used in publicity about the program and organization (website, promotional materials, newspaper/magazine articles, etc.).

_____ **NO**, I give my permission for (*Your School Name Mountain Bike Club*) and outside media agents (newspapers, television, etc.) to take photographs, video, and otherwise document my child involved in the activities of this program. I give permission for any photographs or video material of my child to be used in publicity about the program and organization (website, promotional materials, newspaper/magazine articles, etc.).

Information You Need to Know - For Parents and Riders

Overview:

Our after school mountain bike club program seeks to strike a balance between being a responsible individual in an organized club sport, participate in a positive lifestyle with cycling, develop healthy eating habits, and follow through in academics.

Cycling is a great family-friendly fitness activity can be done lifelong, with great social qualities. Groups of cyclists, can talk, joke, and some even sing as they ride. They will become more interested in a healthy lifestyle, one that includes regular exercise, healthy eating habits and smart decisions regarding drug and alcohol use.

As a cyclists, fat loss and increased lean muscle-mass are typical results of riding. Your body will be needing high quality calories from complex carbohydrates, and protein than is required for a non-exercising lifestyle. An inadequate or junk food diet will put your body at a disadvantage against those who are eating healthy.

Positive benefits of a mountain bike club is camaraderie, self-discipline, teamwork, sportsmanship, fitness, trail etiquette, etc.

We think about safety, teach safety and require each rider to always ride in a safe and controlled manner.

Cycling is fun sport for boys, girls, friends and families!

(Your MTB Club Name Here)
MOUNTAIN BIKE CLUB

(Today's Date)

Dear Students of the *(Your School Name Here)* Mountain Bike Club:

Our first mountain bike ride for the club is **Wednesday the 30th** at Empire Mine in Grass Valley. This ride is open for experienced 5th-8th grade students. We will meet at the Calvary Bible Church parking lot at 3:30pm and ride from 3:35-4:45pm. Calvary Bible Church is on Highway 174 near Union Hill School. Parents will be responsible for getting their children to and from the ride. The course will be hilly and fun. We will all stay together during the ride. Before riding, we will go over trail etiquette and basic skills for any new members. Students need a signed permission slip (attached) before riding.

All riders should have a multi-speed mountain bike in good condition, helmet, water bottle, and a spare tube for their bikes. Proper tire inflation, lubed chain, and proper seat height will make the ride more enjoyable for the students.

Students can attend as their schedule allows. The goal of the club is to have fun and enjoy the outdoors. (Parents are always welcome to ride with us.)

If you have any question, please call me in the office at *(school phone no. here)*.

Thank You,

(Superintendent/Principal Here)

(YOUR SCHOOL NAME/DISTRICT HERE)

Mountain Bike Club
(School Address Here)

This must be completed and turned in to (designated bike club advisor) before you can participate.

_____ has my permission to participate in the (Your School Name) Bike Club. I understand s/he will be riding at (put trail locations here, i.e. Empire Mine State Park trails).

Parent/Guardian Signature

Date

Phone Number – Home

Phone Number - Cell

My son/daughter is covered by _____
(Name of Insurance Company)

Required Equipment

- Functional mountain bike
- Bicycle helmet w/chinstrap
- Water bottle/hydration pack

Recommended Equipment

- * gloves
- * pump
- * glasses
- * multi-tool
- * extra tube/patch kit
- * food/snack

→ **Without a functional bike, students may not ride and must be picked up promptly.**

→ Students are required to follow all applicable bicycle laws and rules of the trail during their rides.

→ Ride times are from 3:30 to 4:30pm on **most Fridays**, weather permitting.
Please pick up your son/daughter promptly.

Information on rides will be posted to the (designated communication, FB/Google Groups)

→ Transportation for students and their bikes must be provided by parents. Bikes should be locked up at the bike rack (or designated location) if left at school for the day.

→ Please circle your mountain biking experience: **Beginner** **Intermediate** **Expert**

Student Signature: _____ Date: _____

Please circle type of payment: Check Cash Amount: \$ _____

Please circle: t-shirt size: Youth-Med Adult-Sm Adult-Med Adult-Lg Adult-XLg