



**Junior Rider Permission Slip**

This form needs to be signed by a parent or guardian to acknowledge that your child will be taking part in a mountain biking event with Rock and Roll Mountain Biking. Our staff have Working with Children Checks, Senior First Aid and are qualified mountain bike coaches. However, the activity of mountain biking has some elements of danger. Injury is possible. We do NOT offer any personal/medical insurance and all riders are responsible for their own actions and liable for any costs for any medical treatment if required .\*full terms and conditions are available on the website.

**PARENT /GUARDIAN DETAILS**

Name:	
Address:	
Post Code:	
Contact Number:	Mobile:
Email Address:	

**CHILD'S INFORMATION**

Name:	Height for hire bike:	
Gender:	Age:	Date of Birth:
Emergency Contact Name:	Relationship:	
Contact Number:	Mobile:	
<b>Allergies/Special Health Considerations/Medication:</b>		

**Things to consider:**

- Please wear comfortable exercise clothes appropriate for the weather conditions. We will ride in all-weather conditions. Enclosed shoes are essential.
  - Gloves are highly recommended.
- Sports plastic water bottle (to ensure it will fit into a water bottle cage on the bike) or hydro pack.
  - Helmets are provided, feel free to bring your own.
- If riding with a bag please ensure it has shoulder straps and can fasten tightly onto your back.

**I/we the undersigned agree to accept the terms and conditions provided by Rock and Roll Mountain Biking Tours.**

Parent/Guardian print name and signature:

Date: