

INTRODUCTION TO MOUNTAIN BIKING COURSE

APPLICANT INFORMATION

Course Date:		
Name:		
Date of birth:	Mobile:	Land line:
Current address:		
Town/City:	County:	Post code:
Email:		

EMERGENCY CONTACT

Name of emergency contact:		
Address:		Phone:
Town/City:	County:	Post code:
Relationship to you:		

MEDICAL QUESTIONNAIRE

We are an inclusive provider and ask for the following information so that we may make provision within our course keep you healthy and happy, whilst within our care. Please indicate your current medical status.

Are you currently taking any medication prescribed by a doctor?	Y / N
Have you had any form of operation in the past 12 months that could affect you exercising?	Y / N
Do you suffer from Asthma, Diabetes or Epilepsy?	Y / N
Are you pregnant or have you been in the past 6 months?	Y / N
Have you ever suffered from a stroke, angina, heart condition or blood pressure problems?	Y / N
Do you suffer from any other medical conditions (short or long term) that might be relevant to carrying out exercise?	Y / N
Has anyone in your immediate family under the age 65 of ever suffered from a stroke, angina?	Y / N

If you have answered **'yes'** to any of the above questions, or have knowledge of some other medical condition that may affect your ability to undertake any of the planned activities, please state here:

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SIGNATURE

I wish to book onto the Introduction to Mountain Biking course.

Signature of applicant:	Date:
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Please return this form to:

Dougie Bruce
Delaware Outdoor Education Centre
Delaware Road
Drakewalls
Cornwall, PL18 9EH

INTRODUCTION TO MOUNTAIN BIKING COURSE

Name: _____

As agreed at the time of booking we would like to take you on the prescribed trail for your mountain biking course. By getting all participants to complete the following form the instructor will be better informed as to how to plan you day.

Please answer to the best of your ability	Answer
How many times have you been mountain biking before A – 0, B – 1 to 10, C – More than 10	A - B - C
How regularly do you ride any form of bicycle? A - Daily, B – Weekly, C – Monthly, D - Never	A - B - C - D
Have you ever experienced or practiced steep climbing on a mountain bike?	Y - N
Have you ever experienced or practiced steep descents on a bike?	Y - N
Can you lift your front wheel when riding?	Y - N
Can you stand up on your peddles whilst riding?	Y / N
Can you tie a clove hitch?	Y / N

What would you like to gain from the introduction to mountain biking course? *Answer 'Yes' to those that apply*

How to setup my mountain bike for a trail?	
How to repair a puncture?	
What should I carry in my tool kit?	
How to corner?	
How to use gears and brakes?	
How to use body position to assist my ride?	

Any other? please state below

Please expand here if you are seeking a particular experience from this introduction to mountain biking course.

If you need to hire a bike from us please indicate here and answer the following questions.

Bike Hire	Answer
Do you need to hire a mountain bike? <i>Cost £25 per day</i>	Y - N
Are you Male or Female? M –Male, F – Female	M - F
What height are you?	
<i>Any other comment? Please use this space if required</i>	

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