



PAL FITNESS EDUCATION

COMMUNITY INTEREST COMPANY

Parental Consent Form

Enhanced Learning Opportunity / Adapted Cycling Sessions

Child's Full Name: _____

Parent/Guardian Name: _____

Project Overview:

Your child has been offered the opportunity to participate in adapted cycling sessions as part of our Enhanced Learning Opportunity (ELO) programme, delivered by PAL Fitness Education CIC. These sessions are inclusive, supportive, and delivered by qualified staff in a safe, controlled environment.

Activities may include:

- Cycling sessions using adapted and standard bikes
- Transportation to and from Evesham Velo Park
- Bike maintenance and safety workshops
- Physical activity and wellbeing sessions
- Indoor activities where appropriate

Parental Consent & Risk Acknowledgement

By signing this form, I confirm that:

- I give permission for my child to take part in the adapted cycling sessions and associated activities.
- I understand that while every effort is made to provide a safe environment, participation in physical activities and cycling carries an inherent risk of injury.
- I acknowledge that my child is taking part **at their own risk**.
- I understand that PAL Fitness Education CIC staff will supervise all sessions working with the school and appropriate safety measures will be in place.
- I agree that PAL Fitness Education CIC, its staff, and partners cannot be held responsible for any injury, loss, or damage incurred during participation, unless caused by negligence.



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Sharing of Personal Information

I give permission for my child's school to share relevant personal information, including medical details and individual needs, with PAL Fitness Education CIC & appropriate 3rd party organisations such as project funders. **This is mandatory for participation in the project to ensure the safety, wellbeing, and appropriate care of my child during participation in these sessions.** Your data will be handled with care, in accordance to PAL's privacy policy which you can access online.

Photo/Video Consent

I give permission for PAL Fitness Education CIC to take photographs and video footage of my child during the sessions. I understand these images may be used for promotional purposes, including but not limited to PAL's social media channels, website content, printed materials, and other promotional resources, in accordance with PAL's Privacy Policy (Available via PAL's website or on request).

I do **not** give permission for my child to be photographed or filmed.

Parent/Guardian Declaration

I have read and understood the information provided above and agree to the terms of this consent and waiver.

Signature: _____

Date: _____