

BIKE FOR LIFE APPLICATION FORM



Return Completed forms with fee before 5pm on Wednesday 14th August to
Theresa Kilgannon, Sligo Sport and Recreation Partnership, MSL ETB Building, Quay Street, Sligo
Limited Places Apply, places allocated on a first come first served basis

PROGRAMME DETAILS:

PROGRAMME LOCATION: Meeting Point, Riverside Hotel, Riverside, Sligo

DATE: 21st August 2019
Time: 6pm

PERSONAL DETAILS:

NAME:

ADDRESS:

MOBILE:

EMAIL:

GENDER: Male Female

DATE OF BIRTH: / /

CYCLING IRELAND MEMBERSHIP DETAILS:

PROGRAMME FEE €40

CYCLING IRELAND MEMBER: YES NO

Cheque Cash
Please make cheques payable to Sligo Sport and Recreation Partnership

DISABILITY:

The Disability Discrimination Act 1995 defines a disabled person as anyone with 'a physical or mental impairment, which as a substantial long-term adverse effect on his or her ability to carry out normal day-to-day activities.'

Do you consider yourself to have a disability?

YES NO

Details: _____

MEDICAL:

Please detail below any important medical information that our Leader/Co-ordinators should be aware of (e.g. epilepsy, asthma, diabetes, food allergies etc)

EMERGENCY CONTACT DETAILS:

Please insert the information below to indicate the person(s) who should be contacted in event of an incident/accident.

Contact Name:

Emergency Contact Number:

Age Category Please circle which age bracket you are in:

16-17 18-24 25-34 35-44 45-54 55-64 65-74 75+

PARENT OR GUARDIAN CONTACT DETAILS:

*If the participant is under 18 years of age, please get a parent or guardian to sign below:

Name:

Contact Number:

Signed:

Date:

BIKE FOR LIFE QUESTIONNAIRE

cyclingireland



SELECT CYCLING COURSE LEVEL

Level 1

Suitable for adult beginner and novice cyclists, build your confidence to ride a bike, all lessons will take place on bike paths away from the road and traffic building up from 0 km to 15km over the weeks.

Level 2

Suitable for cyclists who want to build up their distance on the road, must be able to cycle 10km unbroken at leisure pace currently and will build to 40km over the weeks.

PERSONAL PROGRAMME GOALS:

What do you hope to achieve through participating in the Bike for Life programme?

Please tick appropriate box or boxes, please note that you may wish to tick more than one box.

- Increase general Cycling Proficiency and Skills
- Confidence to cycle in high volume traffic areas
- Ability to cycle for up to 45 minutes with greater level of confidence and competence
- Ability to cycle for up to 1.5 hours with greater level of confidence and competence
- Participate in Mass Participation Cycling Challenge of 50 to 60km
- Participate in Mass Participation Cycling Challenge of a least 75km
- Compete in your first Cycling Race
- Other (give details): _____

EXERCISE HISTORY:

In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?

This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that may be part of your job.

Please circle the relevant number of days

0 1 2 3 4 5 6 7

What is the average length of a cycling ride you can do without taking a break?

- 0 to 30 minutes
- 30 minutes to 1 hour
- 1 to 2 hours
- At least 2 hours

How confident are you cycling in traffic?

- Very nervous on the road, regardless of traffic volume
- Bit nervous in medium to high traffic volume
- Relatively confident in traffic
- Confident in all traffic environments

SIGNATURE:

Signature of participant: