

Date: _____

Community Cycle Club: _____



New Club Participant Sign-up Sheet

About you

Full name:

How would you best describe your gender?

Female

☐

Male

Other

☐

Prefer not to say

Date of birth

D	D	M	M	Y	Y
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Postcode

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Email (please print clearly)

☐

Please tick here if you consent to your data being used for the purposes of Cycling UK monitoring and evaluation. For full terms see Privacy Notice.*

What is your ethnic group?

White

- ☐ English
- ☐ Scottish
- ☐ Welsh
- ☐ Northern Irish
- ☐ British
- ☐ Irish
- ☐ Other

Black or Black British

- ☐ Caribbean
- ☐ African
- ☐ Other
- Other Ethnic Group**
- ☐ Arab
- ☐ Other

Asian or Asian British

- ☐ Indian
- ☐ Pakistani
- ☐ Bangladeshi
- ☐ Chinese
- ☐ Other

Mixed

- ☐ White & Black Caribbean
- ☐ White & Black African
- ☐ White & Asian
- ☐ Other

How would you best describe your sexual orientation?

- ☐ Heterosexual or straight
- ☐ Gay or lesbian
- ☐ Bisexual
- ☐ Other
- ☐ Prefer not to say

Cycling information (For the new participant)

How much do you agree with the following statement?

"I intend to cycle more in the next few months"

☐ Strongly agree ☐ Agree ☐ Neither agree nor disagree ☐ Disagree ☐ Strongly disagree

Roughly, how often do you cycle?

☐ Never ☐ Not in the last year ☐ Once or twice a year ☐ Monthly
☐ Fortnightly ☐ 1-2 times a week ☐ 3-5 times a week ☐ Daily

How do you normally travel for the following trips?

	Car	Cycle	Walk	Public Transport	Other /NA
Work or education	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other everyday activities (i.e. appointments, visiting friends, etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Moderate physical activity is any activity that raises your heart rate and makes you breathe faster. How much moderate activity have you done in the last week?

☐ 0 - 30 minutes ☐ More than 2.5 hours per week
☐ 30 minutes - 2.5 hours per week ☐ Prefer not to say

At Cycling UK, we are interested in finding out about how cycling influences wellbeing. Overall, how satisfied with your life are you nowadays?

Extremely dissatisfied Neutral Extremely satisfied

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6 7 8 9 10

Do you have any long-term physical or mental health conditions or illnesses lasting or expected to last 12 months or more?

☐ Yes ☐ No ☐ Prefer not to say

How much do you agree with the following statement? "Cycling is for people like me"

☐ Strongly agree ☐ Agree ☐ Neither agree nor disagree ☐ Disagree ☐ Strongly disagree

You are disabled under the Equality Act 2010 if you have a physical or mental impairment that has a "substantial" or "long-term" negative effect on your ability to do normal daily activities. By this definition, do you consider yourself disabled?

☐ Yes ☐ No ☐ Prefer not to say



Participant's Name:

Participant
Tel.No:

DOB:

ICE Name:

ICE Tel.No:

Relationship to participant:

Before you start to cycle with us, is there anything we need to know?

Please tell us about any religious beliefs, medical or health conditions, including physical or mental health, allergies, dietary or any other specific needs that might affect your ability to participate in our cycling activities. (This might include - but is not limited to - any heart conditions, bone or joint problems, chest pain, blood pressure, emphysema and chronic bronchitis, diabetes, asthma or any neurological conditions like epilepsy).

Using your own bike?

If you use your own cycle, it needs to be in a safe and rideable condition. Please note we cannot be held responsible for any personal injury, accident, loss, damage or public liability during the activity beyond reasonable duty.

Declaration – Please read

I have read and understood the above statements and I agree to tell the activity leaders if there is a change in my medical condition. I understand that activity leaders are unable to provide any guidance or make decisions relating to medical or health conditions, and that this information will be shared with other activity leaders. If I have any concerns, I will consult my GP before participating in any cycling activities. I cycle at my own risk.

Signed:

Date:

If you have signed the declaration on behalf of the new member (in your role as a parent/guardian/carer), please provide your name and relationship below:

Name:

Relationship to new participant:

Contact number:

* Privacy Notice

Community Cycle Clubs is a programme delivered by Cycling UK with the aim of encouraging people to cycle more. Community Cycle Clubs form part of Cycling UK's outreach and behaviour change work which aims to increase participation and access to cycling across the UK.

For General Data Protection Regulation (GDPR), the 'controller' of the personal data which you provide in the attached form is Cycling UK ("Cycling UK", "we", "us") of Parklands, Railton Road, Guildford, GU2 9JX (Tel:01483 238 301).

Our Privacy Policy can be viewed at www.cyclinguk.org/privacy

Cycling UK's Data Protection Officer can be contacted on dpo@cyclinguk.org Tel: 01483 238 300

Cycling UK is collecting and processing this data for the purpose of monitoring and evaluating the impact of behaviour change programmes. By giving your consent to Cycling UK, you consent to your personal data being used and understand that this will involve Cycling UK contacting you with a follow-up questionnaire to assess the programmes impact. Your personal information which is classed as 'sensitive personal data' under GDPR, namely information about your ethnicity, will only be used for the above purposes if you consent. Information which is not 'sensitive' and therefore 'personal data', will be processed on the basis of our legitimate interest to monitor and evaluate the impact of the behaviour change programmes and we do not require your consent to use such data for this purpose.

The information will be stored on Cycling UK's 'UPSHOT' account. UPSHOT is a UK not for profit social enterprise which provides us with performance management software and their Privacy Policy can be viewed at <http://www.upshot.org.uk/legal> We will retain your information for the period of the programme after which time the data held will be deleted. As a data subject you have a number of rights under GDPR. These include the right to access the information which we hold about you. You may have the right to have your personal data rectified, erased or restricted, and to object to certain use of your data. You have an absolute right to demand that you stop receiving marketing information. Please do not hesitate to contact our Data Protection Officer should you wish for more information about your rights. You may also withdraw your consent at any time by contacting our Data Protection Officer.