Hutchins Cycling Information 2014 – Terms One & Four

Dates: Mondays, 17th February – 14th April  
Times: 4pm – 5:30pm

Parent/Guardians: Students may be collected at 5:30 pm from the Hutchins Car park. Please sign the attached waiver and return to the front office. Please include a mobile number for emergency contact and relevant student medical details.

Equipment: Road bike or Mountain bike. Also including: helmet, gloves and footwear, spray jacket, water bottle, spare tube, tools, pump. **Hutchins cycling jersey**: Compulsory and available from the School shop. Any type of shorts are suitable. Wearing of jeans is not permitted.

Competition: All team members must nominate at least two competition events that are appropriate to their level of skill and fitness. Upcoming competition dates are attached. More details available at [www.dirtdevilsmtb.com](http://www.dirtdevilsmtb.com) and the Hutchins Sport Cycling site.

Training Venues: Mountain bike training takes place on Mt Nelson. Road cycling is on roads to Kingston, via Churchill Ave, Channel Highway and the Bonnet Hill.

Weather: Training is only cancelled for staff meetings and public holidays. In the event of unsuitable weather such as rain and instances of high wind, training will be in SL04, Senior School (circuit room) for cycling specific strength and conditioning. This will be at the discretion of Mr Thorne and notification will be provided via the Senior School noticeboard. **It is the responsibility of the student to monitor the noticeboard and communicate relevant updates to parents.**

Attendance: Compulsory for training and scheduled competition. Request for absences must be arranged prior to training and accompanied by a signed note from home. Unexplained absences are followed up by the head of sport, Mr Finch. Please be courteous and organised.

Disclaimer: All participants, along with their parents or guardians, **must** sign and return the relevant attached disclaimer **before** participating in the activity. Please provide your mobile number for emergency contact purposes. **Teachers in charge**: Michael Thorne, Teacher, Level 2 Cycling Coach. (m) 0408 315171 Tim Grabovszky (m)

Mountain Biking Disclaimer form
I, the undersigned, hereby acknowledge that there are inherent risks and dangers associated with mountain biking in wilderness areas and that these risks and dangers can cause personal injury or death. I understand that participating in the Hutchins Mountain Bike Club involves mountain biking on bush tracks and trails, some of which are rugged and that I am aware of the hazards involved. These hazards include but are not limited to, trail surfaces such as gravel, mud, and grass; obstacles on trails such as rocks, fallen trees, vegetation, animals, puddles and washouts; obstacles on the sides of trails such as trees, rocks, and embankments; steep downhill gradients; river and creek crossings; bridges in poor condition; snake bite; collision with other riders; adverse weather conditions; hypothermia or heat exhaustion. I accept that the warnings given by guides to warn of serious hazards are discretionary, and that their judgment may vary from my own, and that not all hazards will be foreseeable.

I have read this document and understand its contents – Please return to Mr Thorne

Parent/Guardian:
Name: ______________________ Signature: ________________ Date: __/__/__

Parent Mobile: ______________________

Student:
Name: ______________________ Signature: ________________ Date: __/__/__

Student Mobile ______________________

Road Cycling Disclaimer form
I, the undersigned, hereby acknowledge that there are inherent risks and dangers associated with road cycling on public roads and that these risks and dangers can cause personal injury or death. I understand that participating in the Hutchins Cycling Squad involves road riding on public roads and paths which are populated by other road users and pedestrians and that I am aware of the hazards involved. These hazards include but are not limited to cars, buses, and trucks, road surfaces such as asphalt, gravel, mud, and grass; obstacles on roads and paths such as rocks, glass, traffic signs, fallen trees, vegetation, animals, pot holes and cracks; obstacles on the sides of roads such as trees, rocks, road signs and embankments; steep downhill gradients; collision with other riders; adverse weather conditions; hypothermia or heat exhaustion. I accept that the warnings given by guides to warn of serious hazards are discretionary, and that their judgement may vary from my own, and that not all hazards will be foreseeable.

I have read this document and understand its contents – Please return to Mr Thorne

Parent/Guardian:

Name: ___________________ Signature: _______________ Date: __/__/__

Parent Mobile:______________________________

Student:

Name: ___________________ Signature: _______________ Date: __/__/__

Student Mobile______________________________