

# Adult Subscription & Disclosure Form

Please complete all sections where relevant.

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## 1. Personal Details

- Full Name: \_\_\_\_\_
  - Date of Birth: \_\_\_\_\_
  - Email: \_\_\_\_\_
  - Phone: \_\_\_\_\_
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## 2. Training Background

- Years cycling: \_\_\_\_\_
  - Average weekly training hours: \_\_\_\_\_
  - Primary discipline/focus: \_\_\_\_\_
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## 3. Goals & Objectives

- Short-term goals:  
\_\_\_\_\_
  - Long-term goals:  
\_\_\_\_\_
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## 4. Availability & Lifestyle

- Weekly availability (days/times):  
\_\_\_\_\_
  - Work / family / lifestyle constraints:  
\_\_\_\_\_
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## 5. Health & Medical Declaration

- **Current or previous injuries / medical conditions:**

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- **Medications (if any):**

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- **Emergency contact (name & phone):**
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**Please check the following:**

- I confirm that the information provided above is complete and accurate.
  - I agree to inform my coach of any changes to my health or medical condition.
  - I confirm that I am fit to undertake structured cycling training and will seek medical advice if required.
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## 6. Proof of Identity (Required)

*At least one official document is required for verification:*

- Passport
- Driving Licence
- Birth Certificate
- National or International Cycling Licence

**Reference number / copy attached:**

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## 7. Subscription Agreement

- **Coaching fee:** £80 / €95 per month
- **Payment method:** PayPal rolling monthly subscription
- *I understand that this subscription renews monthly unless cancelled.*

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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## 8. Acknowledgement & Liability

- I understand that cycling coaching involves physical activity and carries inherent risk.
  - I acknowledge that coaching advice is not medical advice and that I participate at my own risk.
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## 9. Data Protection

- I consent to my personal data being stored and used solely for coaching, communication, and safety purposes, in line with data protection regulations.
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## 10. TrainingPeaks Setup

To enable the delivery of training plans and coaching feedback, please add **Christopher Gatt** as your coach on TrainingPeaks using the email below:

**cgperformancecoaching@gmail.com**

- **Optional:** Premium TrainingPeaks analytics
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## 11. Final Declaration

I confirm that the information provided in this form is accurate and that I agree to the terms outlined above.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_