

# Youth / Junior (Under 18) Disclosure & Parental Consent Form

*Please complete all sections where relevant.*

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## 1. Athlete Details

- Athlete Full Name: \_\_\_\_\_
  - Date of Birth: \_\_\_\_\_
  - Email (if applicable): \_\_\_\_\_
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## 2. Parent / Guardian Details

- Full Name: \_\_\_\_\_
  - Relationship to Athlete: \_\_\_\_\_
  - Email: \_\_\_\_\_
  - Phone: \_\_\_\_\_
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## 3. Training Background

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

- Short-term goals: \_\_\_\_\_
  - Long-term goals: \_\_\_\_\_
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## 5. Health & Medical Declaration

- Current or previous injuries / medical conditions:

\_\_\_\_\_

- Medications (if any):

- Emergency contact (if different from above):

\_\_\_\_\_

### Please check the following:

- I confirm that the information provided above is complete and accurate.
- I agree to inform the coach of any changes to the athlete's health or medical condition.
- I confirm that the athlete is fit to undertake structured cycling training and that medical advice will be sought if required.

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## 6. Proof of Identity (Required)

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

- Passport
- Birth Certificate
- National or International Cycling Licence

Reference number / copy attached:

\_\_\_\_\_

\_\_\_\_\_

## 7. Subscription Agreement

- Coaching fee: £60 / €70 per month
- Payment method: PayPal rolling monthly subscription
- *I understand that this subscription renews monthly unless cancelled.*

\_\_\_\_\_

## 8. Parental / Guardian Consent & Acknowledgement

- I consent to my child participating in structured cycling coaching activities provided by CG Performance Coaching.
- I understand that cycling coaching involves physical activity and inherent risk.
- I acknowledge that coaching advice is not medical advice and that participation is at the athlete's own risk.

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## 9. Data Protection

- I consent to the collection and use of personal data 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 the athlete's coach on TrainingPeaks:

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.

Parent / Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_