

**Cycling Confidence Workshop Individual Registration**

Please register for this half-day workshop to encourage cycling and help cyclists feel safe, especially round heavy vehicles. The workshop includes an easy 2-3km bike ride with a guide, discussions about the way you use the road and some food.

Participants should have basic bike control skills and be fit enough for up to 30 mins of gentle cycling on road. Please bring your own bike and helmet. Your regular daily clothes will be fine, bring a water bottle and showerproof jacket.

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| --- | --- |
|  | Type your answer in this column or delete what does not apply |
| Workshop Date: |  |
| Full name: |  |
| City/Town |  |
| Email |  |
| Contact Phone |  |
| Can you ride a bicycle and are you fit enough to participate in a short easy bike ride? | Yes No |
| If you have any medical or health issues, please state them |  |
| If you have any dietary requirements, please state |  |

For more information go [here](https://can.org.nz/Cycle_Training_Workshops) or contact Will Andrews [will@can.org.nz](mailto:will@can.org.nz) or 021 02692724.

Email your completed form to [will@can.org.nz](mailto:will@can.org.nz).

Feel free to print it and get other drivers to fill it in, then scan or photograph completed forms and return by email.