



Opportunity for your child to receive Bikeability Cycle Training

Dear Parent/Guardian

Hipsburn has been chosen as one of a number of schools in the area to receive Bikeability Cycle Training. This training is designed to give **year 5 / year 6 children** the skills and experience to cycle safely and confidently. It is Cycling Proficiency for the 21st century and involves cycling in both an off-road playground environment and on roads around the vicinity of the school.

Children enjoy cycling and of course it brings many health benefits, develops confidence and gives them independence. Children who have been trained are much safer and, in addition, tend to cycle more. This training is being promoted by the Council and is being carried out by a company called Cycle Experience, www.CycleExperience.com

The training will take place during the week of **Monday 5th February 2018**. I am writing to invite you to register your child(ren) for this training.

There are a limited number of places available, so please complete and return the attached form to the school office by **Thursday 18th January at the latest**.

Your child will need to bring the following with them for all their course sessions:

- **A bike which is roadworthy and of the correct size.** A bike check will be carried out first thing to identify bikes that are in need of repair from a local bike shop. The bike must not be too big or too small.
- **A cycle helmet.** This must fit properly and must not be a full faced helmet. If your child is unable to wear a helmet on the grounds of religious or cultural reasons please ensure you indicate this on the consent form and provide your signature.
- **Has sufficient warm clothing** including **gloves** for colder days. Each session is between one and two hours long and outside.
- **Has some wet weather clothing** e.g. a shower or waterproof jacket as a minimum. The training will continue in light to moderate rain.
- **Sun cream** for warmer days.



Attached is a form to enable you to check that bikes are roadworthy, that helmets are of an acceptable standard and some clothing considerations.

Your child will be attending a Level Two training course and therefore, there will be an expectation that they can ride a bike already, able to balance on their bike, look behind them without wobbling and hold a signal for at least 3 seconds.

They will receive a two hour Level One refresher in the playground before we take them onto the roads. At the end of the training course they will either have achieved Level Two or Level One. If they achieve Level One you will receive a feedback form highlighting what your child did well and what they need further practice in to achieve Level Two at a later stage. On the very rare occasion where a child doesn't come out onto the road they will receive a Certificate of Attendance and feedback form.

I do hope you will register your child for this training and look forward to receiving your completed forms by 18th January

Yours sincerely

Mr K. Moloney
Headteacher



Cycle Training Consent Form

Child's/Children's name(s) (please print)

Parent/Guardian's Name (please print)

I would like to register the above child/children to take part in the cycle training and confirm that they will have a roadworthy bike and a helmet.

I do not wish my child/children to be photographed during the training

I would like my child to be exempt from wearing a helmet on religious/cultural grounds – I fully understand that Cycle Experience cannot accept liability for any injury sustained as a result of my child not wearing a cycle helmet

I do not wish my child/children to take part in the training.

If you are declining the offer of cycle training, can you tell us why? Your feedback will help us improve the services and opportunities that we offer.

Medical or other conditions which may be of relevance:

Signature:

Date:

Contact telephone number:

School Name:



(Headteacher/Form teacher)

by (date) at the latest