

3<sup>rd</sup> January 2022

Dear Parents/Carers,

We have scheduled Bikeability cycle training for our Year 3 children to take place on the 18<sup>th</sup>, 19<sup>th</sup> and 20<sup>th</sup> January 2023. Bikeability is the only UK Government recognised cycle training scheme funded by the Department for Transport and is designed to teach pupils the skills and confidence to cycle safely.



**Your child will need their bike and helmet in school on these days if they wish to take part.**

**Year 3:** Wednesday 18<sup>th</sup>, Thursday 19<sup>th</sup> and Friday 20<sup>th</sup> January 2023

### **What will my child need to participate?**

To participate in Bikeability training, your child will need to bring a bicycle which is roadworthy and is the correct size, a **cycle helmet and** weather appropriate clothing and footwear for outdoor training. Please see the attached Bike, Helmet & Clothing Check Form to help ensure that you can meet all of these requirements and to guide you through checking the suitability of your child's bike.

### **How much will it cost to participate in Bikeability?**

Bikeability is a government funded initiative which your Local Authority has received a grant to deliver Bikeability to as many children as possible. Unless otherwise stated in a separate letter from your Local Authority or school, Bikeability is completely free of charge and as a parent/guardian, you will not be required to pay for your child's participation in Bikeability.

### **How do I book a place for my child?**

There are a limited number of places available, so please complete and return the attached Bikeability Consent Form to the school reception by **Thursday 12<sup>th</sup> January 2023** at the latest. Attendees will be accepted on a 'first come, first served' basis and you will be notified if your child has not been allocated a training place. The Cycle Partnership will not undertake training for your child if there is no evidence of consent.

Thank you for your continued support.

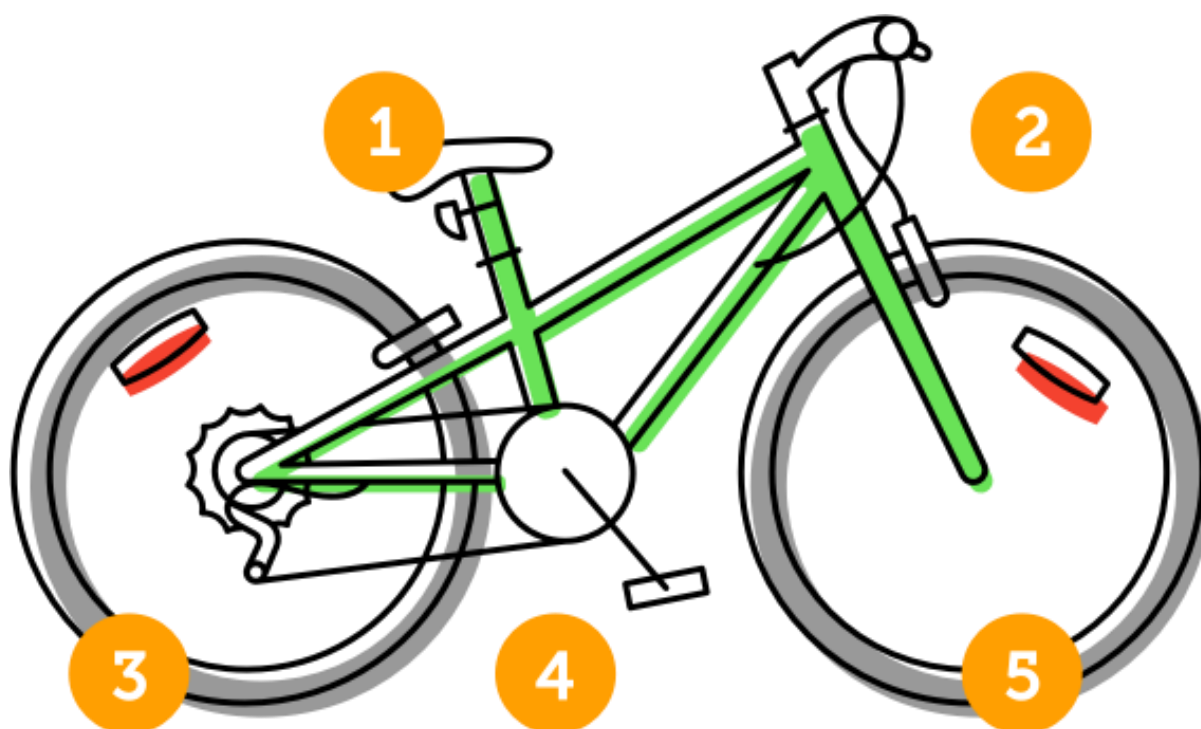
Yours sincerely

Mrs H Howis

LKS2 Phase Leader



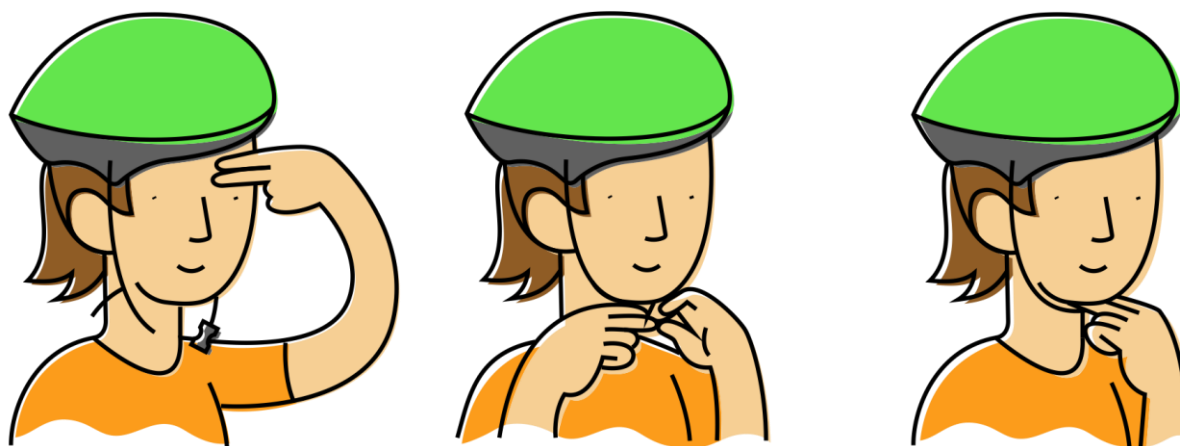
Please check your child's bike before they start their cycle training: -



1. Make sure the saddle, handlebars and wheels are fixed tight
2. Ensure both the front and rear brakes work properly (a bike without brakes or with only one brake is considered unroadworthy and cannot be taken out on minor roads for the purpose of Bikeability training)
3. Run through all of the gears to ensure they are working
4. Clean and oil the chain - if the chain is rusty consider replacing it or taking the bike to a bike shop for advice
5. Check the tyres are pumped up and there are no punctures
6. The attendee must be able to sit on the saddle and touch the ground with the balls of both feet



A requirement of Bikeability training is that all attendees must wear a helmet<sup>1</sup> and know how to fit and adjust their own helmet (this will be demonstrated by the instructors at the beginning of lesson 1). To ensure that your child's helmet is appropriate (in size and type), please follow the notes below: -



1. The helmet should sit on top of the attendee's head

comfortably, (not too tight or too loose), with the peak sitting about two fingers width from the eyebrows

2. The side adjusters should sit just below the attendee's ears forming a V on the side of the head
3. The chin strap should allow for two fingers to fit between it and the chin (and no more otherwise the helmet is too loose).
4. Road Cycling helmets, Skateboarding and Scooter Helmets are acceptable (conforming to the EN 1078 safety standard, look inside of the helmet for the "CE CONFORMS TO EN 1078" sticker)
5. **FULL FACE, Motor Bike Helmets**, or helmets without proof of EN 1078 conformance are **not acceptable**.

Your child should wear whatever they would normally wear to school, but they must be prepared for the weather: -



## CLOTHING

- ✓ Trainers
- ✓ Lace ups/velcro
- ✓ Trousers/leggings/shorts



**X Slip on shoes/ballet pumps**



## SUMMER CONDITIONS

- ✓ Hip length waterproof jacket
- ✓ Sunscreen



## WINTER CONDITIONS

- ✓ Gloves
- ✓ Hip length waterproof coat



**X Mittens**

**X Scarf**



On cold or wet days, make sure that the attendee has a coat and gloves, and an extra layer or two. With a change of clothes available, just in case, perhaps their PE clothing

On warm sunny days make sure the attendees have put on a good amount of sun cream at the start of the day and keep drinking water throughout the day

Top tip – as they will be using a bit more energy than normal provides an extra snack, also making sure they have had a good breakfast before school



First name of Child (PLEASE PRINT) \_\_\_\_\_

First initial of surname of child  
(PLEASE PRINT) \_\_\_\_\_

Please complete the relevant consent boxes below:

<b>Gender</b>	
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<b>Medical or other conditions/requirements which may be of relevance on enabling your child to participate in Bikeability cycle training:</b>	
<b>Parent/Guardian Signature:</b>	
<b>Date:</b>	
<b>Contact Telephone Number:</b>	

**PLEASE TICK BELOW TO ACKNOWLEDGE YOU HAVE READ ALL DOCUMENTS AND RETURN COMPLETED FORM TO YOUR CHILD'S SCHOOL**

Parent/Guardian Consent Form  
 Bike Check  
 Clothing Check

