

Ormesby Village Infant & Junior Schools Federation

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Dear Parents/Carers,

15.3.22

We apologise for the late notice, but we are pleased to be able offer some of our Year 5 pupils the chance to take part in Bikeability Cycle Proficiency Training. Spaces are limited to 24 pupils, who will be split into two groups of 12. Each group will receive two days of training.

The first group will begin on Thursday 17th March 2022 and continue on Tuesday 22nd March 2022.

The second group will begin on Wednesday 23rd March 2022 and finish on Thursday 24th March 2022.

Pupils interested in taking part must firstly be able to ride a bicycle, they must have their own roadworthy bicycle to use along with their own helmet.

We are expecting this opportunity to be popular, so reply slips will be processed on a first come first served basis. Please do not be disappointed if your child misses out on this occasion, as we are hoping to book the Bikeability Team again in the future.

Children must bring their bicycles to school on the days they require them and place them in our cycle shed until they are needed.

Please see the further information below from the Bikeability Team.

If you would like your child to take part, please complete and return both the reply consent slips below no later than **Wednesday 16th March 2022**. Parents will be notified by the end of the day on Wednesday 16th March 2022 if their child has been successful and the group they have been allocated to.

Yours sincerely,

Ormesby Village Schools Federation

To the Office:

Bikeability Cycle Training

I would like / not like **(delete as appropriate)** my child _____ to take part in the Bikeability Training.

I understand my child will need their own roadworthy bicycle and helmet on the days they have been allocated and agree to them bringing these into school.

Signed: _____

Bikeability Cycle Training

Bikeability is the government approved cycle training scheme for the 21st century designed to give the next generation of cyclists the skills and confidence to ride their bikes on today's roads.

Cycling is healthy and fun but it's necessary to learn how to do it safely. This is why we are delighted to offer your child the chance to get their level 1 and level 2 Bikeability awards as part of the national programme.

Level 1 - teaches basic bike handling skills in a controlled environment away from roads

Level 2 - teaches children the skills they need to cycle safely on quiet roads and to cycle planned routes offering real cycling experience

The training includes how to control your bike, being able to look and assess traffic, how to communicate and where to position yourself on the road.

Cycling also helps children develop a sense of responsibility and independence and Bikeability will equip your child with the necessary skills and knowledge needed to cycle safely throughout the rest of their life. And once they've learnt how to ride their bike and ride it safely, they will never forget.

More information about Bikeability is available from the website bikeability.org.uk

Yours Sincerely



Simon Edwards
Lead Instructor



Cycle Training Booking/Consent Form

All training will be delivered by accredited National Standard Cycle Instructors and close supervision of riders will be exercised at all times. The level of risk associated with the training will be minimized through a process of risk assessment of the training areas used – including the training carried out on the public highway.

Each child attending must bring their own bike and be able to ride a bike before embarking on the training. The roadworthiness of the bike is your responsibility and should be checked regularly by yourself and your child – please see the bike checklist and keep it for future reference.

Whilst undergoing tuition, a properly fitting cycle safety helmet must be provided and worn by the child at all times during the training. Please ensure your child is wearing appropriate clothing suitable for cycling and the weather conditions. The instructor will provide high visibility waistcoats, which must be worn.

Every care will be taken to ensure your child's safety, however the instructors are not responsible for any injury to persons or loss or damage to property, which does not result from the negligence of an instructor, nor does it accept responsibility for the actions or personal behavior of participants. Any participants who persistently misbehave or put others in danger will be asked to leave the sessions and will not be allowed to attend in future. The insurance cover provided by the instructors is for **public liability only**.

The following consent will need to be completed and returned to the school before your child can take part in this training.

Please complete and return this slip to your school

Bikeability Parental/ Carer consent

Child's name:

Date of birth: School year:

Parent/Carer's name:

Address:

.....

Postcode: Tel. No:

Email:

Emergency contact number:

Are there any medical conditions we need to know about?.....

.....

I have read all the information: Yes No

I agree to my child, receiving on-road training Yes No

I will ensure my child's bicycle is in a roadworthy condition Yes No

Parent/Carer Signature: Date:

Bikeability Cycle Checklist

The bicycle must be in a clean and roadworthy condition and of a suitable size for the rider. The bike will be checked prior to each training session

- Check that both front and back brakes work and the brake pads touch the wheel, not the tyre. It is a legal requirement to have two working sets of brakes.
- Check the rider can easily reach the brake levers.
- Check all cables to ensure they are not frayed or about to break.
- Check the bike isn't too big or too small for the rider. The rider's toes should be able to just touch the ground, when sitting on the saddle.
- Check that the seat and handlebars are not raised above their safe limits (there will be a marking showing on the seat or handlebar post).
- Check handlebar end caps are fitted.
- Check the wheels are fixed securely to the bike.
- Check if the tyres are worn or have bulges. Make sure they are pumped up hard, as there is less chance of a puncture.
- Check the handlebars turn smoothly and cannot be twisted out of line.
- Check the pedals spin freely.
- Check that all gears change easily and ensure chain is clean, free of rust and lubricated.
- Check that the helmet fits snugly and securely. There should not be space to put more than two fingers between chin and the strap. Some of the current cycle helmet safety standards are EN1078, BS 6863, AS2063, ANSI Z 90.4 or SNELL.

Only carry out adjustments or repairs if you know what to do. If you are unsure, take the bike to a bike shop.

