



Year 5 Bikeability Training



5th March 2018

Dear Parents,

At Kilburn Junior School we are very keen to help pupils learn to live healthy lifestyles. Cycling is one of the easiest, cheapest and most enjoyable ways of keeping fit.

In support of this we will be offering Bikeability Level 1 & 2 training to pupils in year 5.



Level 1 is covered in a traffic free environment (such as the playground) and teaches basic cycling skills.



Level 2 is covered on quiet roads but with real traffic conditions. Children must have completed Level 1 before starting level 2.

Training is free of charge and will take place in small groups every day throughout the week of March 12th.

Pupils will need a road worthy bike in school throughout the week. If however your child does not have a bike, they can use a school one and if you would like your child to leave their bike in school, we can lock away overnight.

All children must be able to cycle unaided and we also stipulate they must wear a cycle helmet whilst training and cycling to and from school. We do have a limited number of bikes and helmets in school, purchased through the BIG Lottery, so if you would like your child to borrow one, please let me know.

Bikeability is Cycling Proficiency for the 21st century, giving pupils the skills and confidence to cycle in today's traffic conditions.

Training will be provided by BIG on BIKES, which is a Bikeability Accredited Provider and if you would like more information on this, please contact David Howard on 07866 265804 or visit www.bigonbikes.co.uk

As well as the health benefits, cycling to school with your child would help to reduce congestion in the local area, especially during the school run. We are therefore keen to encourage as many pupils and parents as possible to cycle to school.

If you have any concerns or questions regarding cycling please contact myself or David Howard.

I have enclosed a consent form for you to return giving your approval for your child to receive Cycle Training.

Yours sincerely,

Robert Hull



Level 1 & 2 Bikeability Course

Enrolment/Consent Form



The following information is requested to identify if there are any special conditions relating to your child and to ensure information will be available in case an accident occurs.

Name of Child:

Address:

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Child's age:

Emergency contact numbers:

Home: **Work:**

Mobile:

Medical Information

Does your child have a medical condition? **YES /NO**

If YES, please advise us what symptoms we should look out for e.g. are they likely to become tired, will they understand verbal instruction?

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Is your child allergic to any medication? **YES/NO**

If YES, please give details

Please advise us off anything else that may affect your child taking part in a cycle training course

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Weather

Big On Bikes Cycling has a *train in all-weather* policy; please note the following:

Rain; in the event of a thunder storm or there is driving rain that seriously reduces visibility the session will be cancelled and a new date arranged. In normal wet conditions i.e. light rain or drizzle, we will continue as usual. It is important to stress the requirement for suitable clothing in these conditions.

Ice and snow; we will not train in these conditions. We will endeavour to participate in classroom activities or if necessary, have the training re-scheduled.



High winds; suitable locations will be utilised to ensure training can continue however, if trainers' and trainees' safety is in question and following a dynamic risk assessment, training will be re-scheduled.

Sun; on hot days, participants are advised to bring suitable sun block creams.

STATEMENT OF CONSENT

I will ensure my child abides by the above guidelines and give consent for him/her to attend the cycle training course at Kilburn Junior school.

I understand that the course is predominantly road based and run by qualified National Standards Cycling Instructors.

If I am unable to be contacted following an accident I agree to my child receiving medical treatment, including anaesthetic, as considered necessary by qualified medical personnel.

Please print your name.....

Signed.....**Parent/Guardian** **Date**.....