



19th February 2024

Dear Parent/Carer

**Level 2/3 Bikeability Cycle Training for Year 7/8 students
(Monday 18th – Friday 22nd March 2024)**

We are pleased to let you know that your child has the unique opportunity to participate in a cycle training course, called 'Bikeability', which is delivered through Cycle North. The course will teach your child techniques for riding safely on the road. At Prince Henry's, we want to encourage students to ride to school, as we understand the benefits of a healthy lifestyle. This training will particularly benefit students who live in the locality and for whom riding to school could be an option.

This training is at Level 3, but we realise that some children may have missed out on doing Bikeability at primary school, so the training will be adapted to take this into consideration and may focus more on Level 2, rather than the more advanced Level 3, for these students. All students will initially receive a short session of Level 1 training on the playground, to assess their ability to cycle on the road.

During Bikeability Level 3 training, students will learn the skills to tackle a wide variety of traffic conditions, such as traffic lights, roundabouts and how and when to filter in traffic. The course also covers dealing with hazards, making 'on-the-move' risk assessments and planning routes for safer cycling. Instructors will also show riders the safest way to travel to school from their own home, enabling them to plan a personalised route. Trainees who do not reach the required standard after an initial Level 2 refresh may be returned to school.

The training is **free**, lasts 6 hours and will take place on **a single day from Monday 18th – Friday 22nd March 2024**. We will inform you of the exact day within that week that your child will be taking part. All you need to provide is a suitable, roadworthy cycle (although Cycle North can provide a bike and helmet if needed), bicycle helmet and appropriate clothing for the training. All children will be issued with a high visibility vest to maximise their on-road safety.

If you wish to request a place for your child on this training course, please read the information below carefully and then **complete the last page and return it to me via Student reception / School Office by Friday 1st March 2024**.

Given that numbers for this training are limited, please note that returning the reply slip does not guarantee a place. If the number of requests exceeds the number of places available, names will be "drawn out of a hat". If your child is unsuccessful this time, we will aim to provide further training.

On the day of the course, students should register as normal with their form tutor at 8.30, **but then leave registration by 8.40am at the latest** to get ready in the relevant PE changing area, where they can leave their school clothing and bags. They should then assemble outside the PE staffroom near the bike rack with their bikes. They must be ready in suitable clothing by 9am at the latest.

The course will take place in all but the most severe of weather so you should ensure that your child has warm and waterproof clothing, especially gloves. We suggest that students wear

trousers or tracksuit bottoms when training. When the weather is warm please ensure your child is provided with a water bottle.

Courses are governed by National Standards and are run by qualified, accredited, professional cycling instructors who are fully insured. The teaching will take place on roads near to the school that have been assessed for their safety and appropriateness. Please note that students will **not** be supervised by school staff.

Please check that the cycle your child will be using is roadworthy. I enclose an information sheet that describes what is meant by “roadworthy”. If the cycle is not roadworthy, we cannot train using it and we recommend that bikes are checked over by a local bike shop.

Your child will be continuously assessed throughout the course. At the end of the course all children will receive a badge and a certificate with relevant comments.

If you have any queries about training, or would like some training yourself, please do not hesitate to contact Andrew Crossley on **07504 282133**. Alternatively, visit the website www.cyclenorth.co.uk or email andrew.crossley@cyclenorth.co.uk.

Yours faithfully

Mrs P McPherson
Admin Manager: Community Engagement

Deadline for return of consent form to Student Reception / School Office Friday 1st March 2024

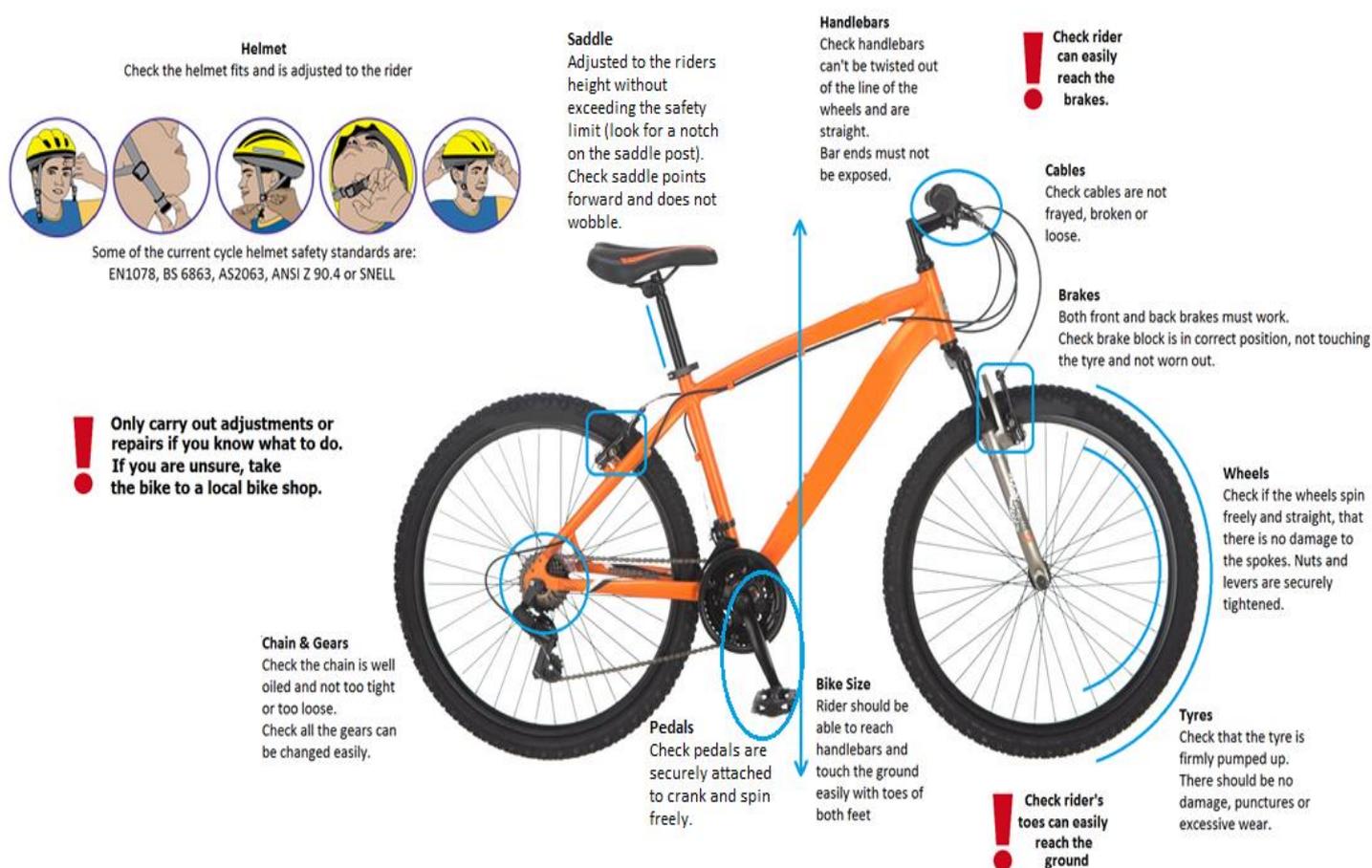
Is the bike alright to use?

The cycle training can be done on any sort of bike, as long as it is roadworthy and has both a front and back brake. Please check your bike using the checklist below. If in doubt, take it to a bike shop and ask them to check it. Our trainees are not mechanics but may be able to make minor adjustments on the day. Unfortunately, if your child arrives with a bike that we do not consider safe to use on the roads, your child will not be able to do the training unless you have booked a loan bicycle with us.

Bicycle Checklist

As a part of the training course, your child's bike will be assessed by an instructor to check if it is in a safe and roadworthy condition.

Unsafe bikes can not be used on the course.



If you need further information, please contact us. It is important that bikes are roadworthy, but it's also important that your child receives the cycle training. Remember if you do not have a suitable bike, we can provide one for you (as long as you let us know on the consent form).

Bikeability Cycle Training



Parent or Carer Consent form

Return this whole sheet to your child's school

Your child's name: _____

Form: _____

Medical Information

Please tell us of any medical condition which we should know about in the box below. For example, poor eyesight, asthma, epilepsy, impaired hearing etc. It is unlikely that a medical condition will prevent your child from receiving training.

Please read and sign the following declaration

I have read and understood the letter to parents/carers.

I will check my child's cycle to ensure it is roadworthy and I am responsible for keeping it roadworthy throughout the course. I authorise instructors from the Cycle North Team to carry out minor adjustments to the cycle.

I understand my child will be trained on public roads and will be supervised at all times.

I accept that Cycle North can refuse to teach my child if their behaviour or ability level is deemed to be unsuitable.

I understand that Cycle North will not be liable for any loss or damage to trainees' cycles and other belongings.

I understand that information I provide will be processed in accordance with the General Data Protection Regulations 2018. Full details are available in our Data Protection Policy available on our website.

Trainees should not be considered safe to ride in all traffic conditions at the end of the course, but please encourage them to practice and supervise them if possible and their confidence will improve further.

Please tick (if appropriate):

- My child has already completed Level 1 & 2 Bikeability
- My child needs to borrow a bike
- My child needs to borrow a helmet

Signed: _____

Date: _____