

Ghyllside Primary School

Gillinggate, Kendal,

, Cumbria.

LA9 4JB

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Headteacher: Mr.H.B.Davies (BA. Hons)

Dear Parent/Carer,

24th April 2018

Y6 Bikeability Training, 4th – 8th June

We are pleased to be able to offer pupils in Year 6 who have **bikes in good, roadworthy condition and helmets** the opportunity to take part in cycle skills training.

Cyclewise is delivering the Bikeability training which will take place during the week of 4th - 8th June. Children must have helmets and locks for their bikes as school cannot take responsibility for any bikes that are not securely locked up.

We have to confirm by the end of this week with Cyclewise the number of Year 6 pupils who will take part. Therefore, if your child wishes to attend the training, and has a bike, lock and helmet, please return the reply slip on the attached letter to **Mr Phillips by Thursday 26th April**. The number of Bikeability Trainers we will be allocated will depend on the number of children taking part so please check your child definitely wants to do the training before replying. Unfortunately, late applications cannot be considered.

Thank you for your support.

Yours sincerely,

Andy Phillips
P.E. Co-ordinator





Bikeability Cycle Training Course Information for Parents / Guardians

Bikeability is the all-new cycling training scheme for the 21st century. Many adults will remember doing their 'Cycling Proficiency' when they were at school and this new 'Bikeability' training scheme is an up to date version of that old Cycling Proficiency course. It has been designed to give the next generation the skills and confidence to ride their bikes on today's roads. Bikeability is part of a nationwide scheme that has so far trained over 2 million to this new National Standard. As of 2017 Cyclewise has successfully delivered this training to 36,000 young people throughout Cumbria with funding secured from the Department for Transport (DfT) by Cumbria County Council. Because the County Council has been successful in their bid for this funding it can be delivered **FREE** of charge to your child when they are either in Year 5 & 6. For more information please visit www.bikeability.org.uk
Bikeability training will equip your child with the necessary skills and knowledge required to cycle safely throughout the rest of their life.

The training will take place at your school during the week of the **4th - 8th June**, during the school day. We are contacting you now to make sure that we have sufficient instructors available to train all the children at your school who wish to take part. It is very important you return the consent slip below to school before the date given, as numbers may be limited and any slips returned after this date may not be accepted.

The training meets all Level 2 National Training Standards and our Cyclewise instructors are all fully qualified and DBS checked. All children are encouraged to take part and will require their **own bikes and helmets**. We will bring along a few spare helmets for those who do not have their own. (If you would like to purchase a helmet that meets all required safety standards for under £10, please contact the school for more details)

The course will consist of 4 x 2 hour sessions:

Session 1 will be playground-based and will cover all aspects of Level 1 training. This will include cycle checks and an assessment of riding skills.

Participants **MUST** reach the required standard in cycle control in order to proceed to the **On-Road** Level 2 sessions that follow.

Sessions 2 - 4 will consist of basic manoeuvres at local road junctions, these include left and right hand turns and overtaking parked vehicles.

As parents you can help your child progress through the course by giving support **beforehand**.

You can check if your child is able to: -

- Start and stop safely
- Ride in a straight line
- Use their gears
- Control their cycle when looking behind and when signalling.



Children will not be able to continue on to the road sessions if they are unable to complete the above.

(Please note that the training course is designed to improve cycle control, not teach children to ride).

Your child will receive a badge and certificate upon successful completion of the course.

IMPORTANT

We ask that you ensure that your child's bike is in good working order and roadworthy before the course begins. All bikes will be checked over by our instructors and any child with an **unsafe bike** will be unable to continue with the course. Faults are often easily put right; we would therefore like to draw your attention to the following:

BIKEABILITY OFFICE

01768 898775 • sue@cyclewise.co.uk

Bramleys, Great Salkeld, Penrith, Cumbria, CA11 9LW



Cyclewise
TRAINING



FITTING: Check that the cycle fits the child, i.e. that the balls of both feet are on the ground whilst sitting on the saddle with legs straight. Check also that the handlebars are at a comfortable height. Adjust both these at intervals as the child grows.

MECHANICAL CONDITION: A mechanically sound cycle is a safe cycle. Make sure that all parts are in good repair and no parts are too loose.

TYRES: As on cars, worn tyres can cause crashes. Tyres must have a reasonable amount of tread and there should be no bald patches. The sidewalls should have no splits or bulges. Tyres must be inflated to the correct pressure.

BRAKES: The bike must have a front and rear brake. Brake blocks and cables should be in good condition and brake levers adjusted so that they can be operated with the minimum amount of pull. If the levers touch the handlebars in the 'on' position, the cables are too slack. Levers should be so placed that the child's fingers curve easily around them whilst the palm of the hand is on the grips. There are a variety of levers available, be sure that the ones fitted are suitable for your child.

BEING SAFE: If your child has a helmet please ensure that they bring it on the course. It should conform to BS EN 1078: or equivalent. We also suggest (not compulsory) that a bell or alternative warning device is fitted. The correct position is on the left of the handlebar within easy reach of the grip.

If you feel your child's bike requires attention your local bike shop will be able to correct any problems to get the bike roadworthy and safe to ride. Most bike shops will offer you a free bike check.

The consent slip below **must** be returned to school no later than the **26th April** to ensure your child receives this free training. Training places are limited so please return your letter to school by this date. **Any forms received after this date may not be accepted.**

To Summarise: Your child will be required to use his / her own bike and it should be in a roadworthy condition. If they have their own helmet please bring that along too.

You will also need to make that your child wears clothing appropriate to the expected weather conditions i.e. warm clothes and gloves in cold weather. If wet weather is expected it may be a good idea to send your child to school with a change of clothing.

If you have any questions please do not hesitate to contact our Bikeability Office on 01768-898775 or e-mail sue@cyclewise.co.uk

Once the training is complete you and your child can give feedback via the links below. This feedback may also help the County Council with any future funding bids.

Parent - <https://www.surveymonkey.co.uk/r/CCCparentbikeability>

Child - <https://www.surveymonkey.co.uk/r/BBJUNIORCYCLIST1>



I confirm that my child will attend the Bikeability Cycle Training on the **4th - 8th June** with a cycle in good working order and clothing suitable for the expected weather conditions.

Name of child: **Year Group:**

Please make a note of anything that may affect your child's training i.e. Medical conditions etc.....

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Signed:Parent / Guardian.

Date:.....

BIKEABILITY OFFICE

01768 898775 • sue@cyclewise.co.uk

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