

The Rosary Catholic Primary School

Aspire, Believe, Achieve: Together in Christ



7th November 2016

Dear Parents,

Re: Cycle Training – Year 6 - Week commencing 9th January 2017

We have booked the Bikeability Level 1 & 2 training for Year 6. This year the training will be provided by Change Gear who has been selected as the preferred supplier by the London Borough of Hounslow.

The training will cover both off road (in the playground) Level 1 training (core basic skills) and then move to on road Level 2 training (around quieter local streets). By completing Level 2 children show they have the skills to make a trip safely on quiet roads and cycle lanes, perhaps to school. It is therefore not for children who are complete beginners to cycling.

Your child will need to bring with them for all their course sessions:

- **A bike which is roadworthy.** (A bike check will be carried out on the first day and any bike which is not roadworthy will have to be fixed for your child to continue on the course. I've attached a bike check form to help you ensure that your child's bike is in a roadworthy condition.)
- **It is necessary that the children bring their bicycles to School each day and take them home at the end of each day as we do not have secure facilities for storing them.** They should not ride their bicycles to School and home again on the road in case of accident.
- Each bicycle will need a chain and lock to keep it safe during the day at School. **Locks and chains must not be shared between bicycles as this can cause difficulty.**
- **A bike which is the correct size** (Not too big and not too small)
- **A cycle helmet** (which again must be of the correct size and fit properly.)

In addition you will need to ensure that your child:

- **Has sufficient warm clothing** including **gloves** (sessions are between 1 and 2 hours and are outside) High visibility tabards are provided.

- **Has some wet weather clothing** e.g. a shower or waterproof jacket as a minimum and preferably some overtrousers. The training will continue in light to moderate rain but will be suspended if there is a heavy downpour.

Your child will be attending a Level Two training course and therefore, there will be an expectation that they can ride a bike already, able to balance on their bike, look behind them without wobbling and hold a signal for at least 3 seconds.

They will receive a two hour refresher in the playground before going onto the roads. At the end of the training course they will either have achieved Level Two or Level One. If they achieve Level One you will receive a feedback form highlighting what your child did well and what they need further practice in to achieve Level Two at a later stage. On the very rare occasion where a child doesn't come out onto the road they will receive a Pre-Level One certificate and feedback form.

Please complete and return the attached form directly to the office by Friday 25th November.

Places are limited and pupils will be allocated on a first come first served basis.

We regret that we will be unable to accept any late applications as we have to confirm the number of children attending to Change Gear by the end of November.

Yours sincerely

Miss A Dodd

Assistant Headteacher

MAKING SURE YOUR BIKE IS ROADWORTHY

We will double check your bike is roadworthy before your session, but here's a handy checklist for you to complete before you arrive.

1. Do both breaks work?
2. Are your tyres inflated?
3. Give your wheel a spin, does it spin freely?
4. Are the handle bar and saddle bar bolts screwed tight?
5. Give your pedals a spin, are they attached correctly?
6. Has your chain been lubricated?

All ticked off? Good stuff! You're good to go!

The graphic includes six photographs of bicycle components, each with a red checkmark in the bottom left corner: 1. Front wheel with brake caliper. 2. Front wheel with tire. 3. Front wheel with tire. 4. Saddle and seat post. 5. Pedals and crankset. 6. Rear wheel with chain and cassette.



School Name: The Rosary Catholic Primary School

Student/Trainee Details:

Name	Class:
Date of Birth	
Gender	

Additional Information:

Does your child have any special needs, requirements or medical conditions?

Parent/Carer Contact Details:

Contact Name	
Mobile Number	
Home Number	
Email Address	

TERMS & CONDITIONS FOR SCHOOL CYCLING TRAINING

Please read the following terms and conditions carefully. This consent form must be signed for your child to take part in the Bikeability cycle training.

- I understand this course is not designed to teach the basics of balancing and control.
- Training takes place initially in the school playground, the trainee will only progress to on road training provided they have reached the required standard.
- The instructor's decision is final with regards to the decision to take children out on the road.
- Training will cover all aspects of safer cycling, including recommended procedures for starting, stopping and turning left and right and to develop skills and basic strategies for dealing with traffic.
- Persons under 16 years of age will wear the supplied high-visibility waistcoat.
- The instructor will decline training if the trainee is unable physically to control the bike.
- Trainees are responsible for all personal belongings that are brought to the course.
- I agree that the instructor(s) can adjust my child's bike if necessary.
- I agree that my child will conduct him/herself in an appropriate manner and follow the directions of the instructor(s).
- My child will be suitably dressed for cycling.

I have read, agree and fully understand the terms and conditions for cycle training.

Signed _____ Date _____