



Head Teacher: Mrs D Reynolds - BSc Hons QTS NPQH

*Aim High*

*Never Give Up*

*Follow Your Dream*

*Lead By Example*

06/05/2015

Dear Parent/Carer



**Bikeability is a government accredited programme, designed to give the next generation the skills and confidence to ride their bikes.**

During the Bikeability Launch Day, your child was identified as someone who would benefit from learning to ride a bike with a qualified cycling instructor.

Sessions are due to take place each Thursday during school hours in small groups of up to 3 pupils. Each pupil within the identified group will receive at least one session with a qualified instructor from Outspoken Cycle Training. Further sessions will be considered on the needs of each individual child.

To participate, your child will need to bring their own roadworthy bike (without stabilizers), a helmet and suitable clothing for the weather conditions ready for their designated session. Unfortunately, the cycling trainers are unable to provide bikes for these sessions. Dates will be provided once consent has been received.

**If you give consent for your child to take part, please fill in the slip below and return to your child's class teacher by Wednesday 13<sup>th</sup> May. You will be informed of which days your child will need to bring their bike and cycle helmet to school.**

Yours faithfully,

Mrs J.Cockerill

Mrs D.Reynolds

Deputy Headteacher

Headteacher

**Please complete and return the consent slip below to school.**

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Full Name of Child (in capitals): \_\_\_\_\_

School: \_\_\_\_\_ School Year: \_\_\_\_\_

Medical Conditions or Educational Needs (eg asthma, allergies, learning needs, etc):  
\_\_\_\_\_

If you would prefer your child not to be photographed, please tick here:

I confirm that I have read all the information within and consent to my child (or the above child for whom I take responsibility) to take lessons in safe, effective cycling and related activities, which may include cycle maintenance.

Signed: \_\_\_\_\_ (Parent/Carer) Date: \_\_\_\_\_



## Check Notes

Parents should check their child's cycle before the start of the course. If, in the opinion of the instructor, the cycle is not roadworthy, pupils will not be allowed on the course. Faults are often easily put right but occasionally a new part is required. We would therefore like to draw your attention to the following:

### FITTING

Check that the frame fits the child and that the saddle and handlebars are at a comfortable height. Adjust both these at intervals as the child grows.

#### **SADDLE HEIGHT:**

With the pedal at its lowest point (see picture), place heel on the pedal. The leg should be straight. Our instructors may adjust the seat as part of the training.

**REACH:** Cyclists should feel balanced on their bikes. Not stretching too far forward yet not too close to their handlebars. The rider should be able to comfortably reach and operate the brake levers on the handlebars.

#### **HANDLEBAR HEIGHT:**

The lower the handlebars, the more weight goes forward and vice versa. The angle of the saddle has a similar effect.



| Check List                  |   | Checked?                 |
|-----------------------------|---|--------------------------|
| <b>MECHANICAL CONDITION</b> | A mechanically sound cycle is a safe cycle. Make sure that all parts are in good repair and there are no parts are loose.   | <input type="checkbox"/> |
| <b>WHEELS AND TYRES</b>     | Tyres must be inflated to the correct pressure which is usually stamped into the moulding of the tyre wall. As on cars, worn tyres can cause punctures. Tyres must have a reasonable amount of tread and there should be no bald patches. The side walls should have no splits or bulges. Wheels should have no cracks or broken spokes; quick releases levers and bolts should be closed tightly.  | <input type="checkbox"/> |
| <b>BRAKES</b>               | Cycles must have two working brakes which must stop the cycle. 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 is a variety of levers available, be sure that the ones fitted are suitable for your child. | <input type="checkbox"/> |
| <b>CHAIN</b>                | Should be oiled, the correct size for the cycle and have no stiff links.  | <input type="checkbox"/> |
| <b>SADDLE AND SEAT POST</b> | Saddle not loose, must be straight, roughly horizontal and at the correct height for the rider. Seat post not loose or over maximum limit.  | <input type="checkbox"/> |
| <b>BEING SEEN</b>           | It is important that both the cycle and the rider can be seen by other road users. Cycles must always have at least a red rear reflector and if your child intends to ride in the dark or in poor weather conditions, then they must also have lights. The use of high visibility fluorescent and reflective garments is strongly recommended. During the on road course pupils will be provided with a fluorescent safety tabard.  | <input type="checkbox"/> |
| <b>BELL</b>                 | We suggest 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.   | <input type="checkbox"/> |
| <b>HELMETS</b>              | Helmets must conform to BS EN 1078:1997 or equivalent.  | <input type="checkbox"/> |