

6th October 2015

**Opportunity for your child to receive Bikeability Cycle Training**

Dear Parent/Guardian

St. Mary's has been chosen as one of a number of schools in Hounslow to receive Bikeability Cycle Training. This training is designed to give children the skills and experience to cycle safely and confidently. It is Cycling Proficiency for the 21<sup>st</sup> century and involves cycling in both an off-road playground environment and on roads around the vicinity of the school.

Children enjoy cycling and of course it brings many health benefits, develops confidence and gives them independence. Children who have been trained are much safer and, in addition, tend to cycle more. This training is being promoted by the Council and is being carried out by a company called Cycle Experience, [www.CycleExperience.com](http://www.CycleExperience.com)

The training will take place during the week of **19<sup>th</sup> October**. I am writing to invite you to register your child for this training.

There are a limited number of places available, so please complete and return the attached form to me by **FRIDAY MORNING, 9<sup>TH</sup> OCTOBER** at the latest. Pupils will be accepted on a "first come, first served basis".

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.)
- **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 we take them 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 attendance certificate and feedback form.

I do hope you will register your child for this training and look forward to receiving your completed forms by **FRIDAY MORNING, 9<sup>TH</sup> OCTOBER.**

Yours sincerely

Mr F. Marsh  
Headteacher

## Cycle Training Registration Form

Child's/Children's name(s) (please print) \_\_\_\_\_

Parent/Guardian's Name (please print) \_\_\_\_\_

- I would like** to register the above child/children to take part in the cycle training and confirm that they will have a roadworthy bike and a helmet.
- I do not** wish my child/children to be photographed during the training
- I do not** wish my child/children to take part in the training.

If you are declining the offer of cycle training, can you tell us why? Your feedback will help us improve the services and opportunities that we offer.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Medical or other conditions which may be of relevance:

\_\_\_\_\_  
\_\_\_\_\_  
**Signature:**

**Date:**

**Contact telephone number:**

**School Name:**

Please return this form to the School  
Office

**By 9th October at the  
latest**