

## Whitstable Junior School Bikeability Cycle Training



Dear Parent / Guardian

We are delighted to offer your child a place on a **Bikeability** cycle training course (to Level 2), at Whitstable Junior School commencing 4<sup>th</sup> November 2019.

Bikeability is a new and improved version of the Cycling Proficiency Test. The training will be delivered by Hot Chilli Cycles - a local Bikeability Accredited organisation ([www.hotchillicycles.co.uk](http://www.hotchillicycles.co.uk)). Training places are partly funded by East Kent & Coastal Schools Games Partnership and parents are asked to pay just £10 to the running of it. The number of Bikeability places is limited.

**Riders must wear helmets. Please inform us of any reason your child cannot wear one. Spare bikes and helmets can be made available, BUT – providing an unroadworthy bike may mean your child cannot take part in the course. Please check the condition of your child's bike prior to the course:**

- Squeeze both tyres. If necessary, inflate until they are hard
- Apply the front brake. It should stop the bike when pushed forward
- Apply the rear brake. It should stop the bike when pulled backward
- The chain should move freely between the gears (on a bike with gears) and not jump off. It should be properly lubricated and not rusty
- Hold the front wheel between your legs and try to turn the handlebars. They should not move side to side
- Wheels, pedals and seat should be firmly secured
- When sat on the bike, your child should be able to place balls of both feet on the ground. The seat should be at or below the maximum height mark

The course begins with bike control skill exercises & games on the playground, if the outcomes are achieved it's followed by basic exercises on local roads. Trainees will work in pairs/triples with one instructor for each road session. Please note that this course is designed for **children who can already ride a bicycle**. For more information about Bikeability, please visit <https://bikeability.org.uk/faqs/>

If you wish your child to take part please complete the consent form below and return it to school

**By Friday 11<sup>th</sup> October 2019**

### **Bikeability Cycle Training: Consent Form**

**Please read and complete this form and return it to school.**

Parent/Guardian's name.....

Child's name.....Photos; Yes or No

I am the parent or legal guardian of the above child and I give my consent for them to participate in the Bikeability cycle training provided at their school. I understand that:

- Some of the training will take place in public spaces and on roads
- Completion of training does not mean, that it is safe for my child to cycle in all conditions. **To become a proficient cyclist takes practice of the Bikeability outcomes.**
- The instructor may, at any time, refuse to train my child if their behaviour or competence is deemed to be unsuitable. Please inform us of any issue or medical condition that may be relevant to us coaching Bikeability.

I enclose a £10 contribution (please make cheques payable to the school)

..... **Signed Parent/Guardian**