



cyclinginstructor.com

Dear Parent/Guardian

**YEARS 3 & 4**

We have arranged for cycle trainers to visit our school and provide an opportunity for your child to participate on a basic Bikeability level 1 course. The training takes place in the playground. Children should provide their own bike and helmet.

Places are limited on the course. You can apply for a space by completing and returning the attached consent form. We will offer places on a first come basis.

Date your child needs to bring their bike and helmet into school is the:

Friday 1st May 2020

The Bikeability level 1 course aims to develop cycle handling skills, to a competent and consistent level. Riders must be able to cycle (ie pedal and glide) to participate.

Trainers are qualified and DBS checked.

Attached is a guide to checking your child's bike, and recommended clothing.

Bikeability is an important part of our program as an active healthy and sustainable school.

Cycling Instructor Ltd offers free adult cycle training, for all ability levels. To book please visit their website [http://www.cyclinginstructor.com/adult\\_courses](http://www.cyclinginstructor.com/adult_courses) Bikes are available.

**Consent Form for schools course:**

Your child will be taking part on a cycling course. This form must be completed before they can take part in the training

**I ( name of parent or guardian):** (Please Print)

Consent that my child can take part in a cycle training course

**Name of Child:** (Please Print) **Gender: Male / Female** (circle)

**Year Group:**

**My child WILL / WILL NOT wear a helmet** (circle)

Helmets will NOT be provided by Cycling Instructor.

**Medical or Behavioural conditions that the Instructors should be aware of:**

**I agree that:**

- Where I supply a bicycle for my child I must make sure, it is roadworthy. If I am not sure about this, I should take it to a bike shop. The Instructor may make adjustments and repairs to my child's bike if the instructor believes that there is a problem.
- Cycling Instructor Ltd will not be held liable for any injury, which is established, may have been prevented or caused by the wearing or not of a helmet. The instructor will advise on the fit of a helmet, but will not necessarily be able to judge from its appearance if it is in good condition.
- I will tell Cycling Instructor Ltd about any medical condition my child has which may affect the training course.
- By the very nature of outdoor activities it may be necessary for staff to physically interact with children, eg, help fit helmets & hi-viz vests, to prevent a fall or administer first aid. This is in the interests of your child's safety.

- Having taken a cycling lesson does not mean that it is safe for my child to cycle or fix a bicycle in all circumstances. To become a proficient cyclist or mechanic takes more practice than lessons of this kind can provide.
- Cycling Instructor Ltd is not responsible for any injury, loss or damage not caused by an instructor, or which happens outside these lessons, including journeys to and from school.
- My child may be photographed during this course and the image could be used in publicity for Cycling Instructor Ltd and the funding organisation.
- Cycling Instructor Ltd only holds data which you have provided. The data is required in case we need to contact you in the case of an emergency. We only provide statistical data to the council and TFL, who pay for this service, We do not send any personal data to these organisations. We hold your data for a year and then delete it.
- I should think about personal accident insurance for my child.
- Training takes place off road.

**Signed :**

**Date :**

**Emergency Telephone number:**

**Email address:**

# How to check your bike

To see if there are any problems with your bike check the following items. Using this M Check will ensure that you do not miss any items.

Start at the front, Point A and work your way to B, C, and D to E at the back of the bike.



**Front wheel:** Check to see if:

- Quick-release or wheel-nuts loose.
- Hub bearings loose or binding.
- Spokes loose, broken or missing

**Front Tyre:** Check to see if

- Under-inflated /punctured
- Worn or cracked

**Front brake:** check to see if

- Front wheel locks when the brake lever is pulled
- Brake pads rubbing tyre or wheel rim
- Brake pads missing

**Headset and handlebars:** check to see if

- The forks are damaged
- Headset loose
- Handlebars are not clamped tightly

## How to check your bike

**Frame:** check to see if:

- Frame not bent or damaged

**Crank and Front gear:** check to see if

- Gear moves the chain from one sprocket to another
- Sprocket not bent
- Crank shaft not loose

- Pedals not loose
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**Seat and seat post:** check to see if:

- Saddle does not move
- Seat post does not move

**Rear Brake:** Check as for front brake

**Rear wheel:** check as for front wheel

**Rear tyre:** check as for front tyre

**Rear gear:** check as for front gear

## What to wear

It is important that your child wear the correct clothes for cycling. Full details are on our web site. Clothes should be comfortable. Your child should wear

- Cycle Helmet
- Shoes or trainers
- Gloves if it is cold
- Coats if it is cold
- Socks to keep their feet warm and to tuck the bottoms of their trousers into
- Girls should wear trousers.

A helmet must adhere to the relevant CE standards and be fitted properly.

It is not a legal requirement for Helmets to be worn, when cycling, in the Highway code. It does say that cyclists SHOULD wear a helmet

[http://www.direct.gov.uk/en/TravelAndTransport/Highwaycode/DG\\_069837](http://www.direct.gov.uk/en/TravelAndTransport/Highwaycode/DG_069837)



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