



20th July 2017

BIKEABILITY CYCLE TRAINING - FOR CHILDREN IN YEAR 5 MOVING INTO YEAR 6 IN SEPT

Dear Parents and Carers

We have been given the excellent opportunity to provide free Bikeability Level 1 and 2 cycle training to our children in year 6. The training will be provided by Cycle Confident Ltd who work with the Road Safety team at Redbridge. This training is designed to give children the skills and experience to cycle safely and confidently. It is Cycling Proficiency for the 21st Century. 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.

The training for Year 6 children will take place from Monday 11th Sept to Friday 15th Sept. There are 24 places and these will be allocated on a first come first served basis. Please return the completed application form to the school office. You will be sent an e-mail by Wed 6th Sept, to confirm if your child is selected. If your child misses any session they will not be able to pass this course. Please note that the majority of the training will take place on road and children must be at least 10 years old at commencement of the training.

The training will cover both off-road Level 1 training (core basic skills) and then move to on-road Level 2 training on quiet local roads. It is therefore not suitable for children who are complete beginners to cycling. For more information on the training covered please visit: www.cycleconfident.com/courses/school-level12

The training is carried out by 2 fully accredited National Standards Cycling Instructors with full enhanced DBS (formerly CRB) checks and many years of experience providing this form of training.

Pupils taking part must have their own roadworthy bicycle of an appropriate size in relation to their height. Where bicycles are deemed too small or too big by the cycling instructors, trainees may not be able to attend the course.

Pupils need to be able to bring their bicycle to school for the week. Children also need to bring a cycle helmet.

Please 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 over trousers. The training will continue in light to moderate rain but will be suspended if there is a heavy downpour.

If you are happy for your child's bicycle to be used by a child who does not have one while your child is not in training, please make sure you tick the box on the consent form to this effect. This allows children who would otherwise be unable to participate to receive training too.

Thank you for your cooperation in this matter.

Yours sincerely,

Rebecca Emeny
Deputy Head

Churchfields Junior School is committed to safeguarding and promoting the welfare of children and young people and we implement Child Protection procedures in the appointment of all staff



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