



CHURCHFIELDS
JUNIOR SCHOOL

22nd July 2019

BIKEABILITY CYCLE TRAINING - FOR CHILDREN IN YEAR 6 in Sept 2019

Dear Parents and Carers

We have been given the excellent opportunity to provide extra free Bikeability Level 2 cycle training to our children in Year 6. If your child has already taken part in cycling training course they are still allowed to take part. 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 9th Sept to Friday 13th Sept and Monday 16th Sept to Friday 20th Sept. There are 24 places on each course 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, 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 checks and many years of experience providing cycle training.

Pupils taking part must be able to bring to school 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. Children learn best if they are riding their own bike.

Pupils need to be able to bring their bicycle to school for the week. Children also need to wear 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.

Thank you for your continued support.

Mrs Emeny
Head Teacher

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churchfieldsjunior.com





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Learning to Cycle Training Consent Form

School name:			
Trainee Full Name:		Age:	
Class number/ name:		Gender:	
Any Special Needs or requirements?			

Home Address Details

House Number/ Name and Street:			
Town:		Postcode:	

Bicycle

My child has a bicycle	YES	NO
My child may share his/her bicycle	YES	NO
My child would like to use a bicycle supplied by the instructors	YES	NO
(This would allow children who would otherwise be unable to participate to receive training too.)		

TERMS & CONDITIONS FOR SCHOOL CYCLE TRAINING (please read carefully)

For all cycling activities:

1. Persons under 16 years of age **MUST** wear an approved cycle helmet while undertaking the training.
2. I agree that the instructor(s) can adjust my child's bicycle if necessary.
3. I agree that my child will conduct him/herself in an appropriate manner and follow the directions of the instructor(s). I understand that the instructor may decline training for a child whose behaviour is disruptive or is considered to be putting him/herself, other people or property at risk.
4. I am responsible for providing my child with suitable clothing for cycling.
5. If my child brings personal belongings to the course, he/she does so at his/ her own risk.
6. This application/ consent form **MUST** be signed by the child's parent or carer.

I have read, understood and agree to the Terms and Conditions above

Signed:		Date:	
Contact Number(s):			
Email address:			

Please tick the box if you would like your email address to be passed to the London Borough of Redbridge to receive information about future cycling and active travel initiatives in the borough. Your details will be treated in the strictest confidence in accordance with the Data Protection Act.

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