



CHURCHFIELDS  
JUNIOR SCHOOL

22<sup>nd</sup> July 2019

### Learning to cycle for pupils Years 3, 4, 5 and 6 who cannot yet ride a bike

Dear Parents and Carers

A 'cycling revolution' is coming to our school! Redbridge Council has funded some really exciting free cycling activities at our school to encourage more pupils and families to cycle to school. Cycling to school is free, fun and a great way to keep healthy and reduce pollution and congestion around our school. All the activities will be delivered by Cycle Confident Ltd. The training is carried out by two fully accredited National Standards Cycling Instructors, with full enhanced DBS checks and many years of experience providing cycle training.

If you would like your child to 'Learn how to Cycle' and **they cannot ride a bike** at the moment, then please complete and return the attached form to school. The training is for children in all junior age groups and will take place on Thursday 5<sup>th</sup> and Friday 6<sup>th</sup> Sept. Training is in the school playground only and aims to train pupils to control and master their bike in a traffic-free environment.

There are 10 places, please complete the separate application form and places are allocated on a first come first served basis. You will be sent an e-mail to confirm if your child is selected.

Pupils taking part may 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, pupils may not be able to use their own bike but one provided by the cycle instructors. Children learn best on their own bike.

Pupils need to be able to bring their bicycle to school on the days of the course – they cannot be left in school overnight. Children must 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 supporting training in this valuable life skill.

Rebecca Emery  
Head Teacher

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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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