

FREE *BikeAbility* Level 2 Cycle Training: offering something really positive for your child.

Dear Parent/Guardian

Mowbray Primary School has been chosen as one of the Northumberland schools to receive free *BikeAbility* Cycle Training! Children enjoy cycling, which is fortunate because it provides many health benefits.

We all use roads, so developing road sense is essential for everyone's safety. By attending *BikeAbility* training, your child has a wonderful opportunity to improve their cycling abilities and master new road skills.

BikeAbility is the UK's cycling proficiency test for the 21st century, designed to give children the ability and self-reliance to ride their bikes on today's roads.

Your child's new skills will boost confidence and help him/her to be a safer road user. They'll not only become better cyclists but also safer pedestrians, and when older, better drivers. Learning the rules of the road when young is a real boost to confidence and a very positive experience of true travel independence. So, whether your child cycles regularly or not, the *BikeAbility* course will prove beneficial.

Cycle Requirements:

It is essential that all bicycles be in good working order and that they are a size to match the rider.

Please ensure that the tyres are inflated to the full, recommended pressure.

Pupils also need to be equipped with a cycle helmet and suitable clothing appropriate to the seasonal weather so warm and/or waterproof for autumn, winter and spring and gloves are an essential in all but the warmest of months. Tracksuit trousers, leggings or shorts are also ideal leg wear. It may be possible to borrow a helmet from Cycle Experience – please let the school know in advance.

Some Information about the Programme:

Training will be carried out by 'Cycle Experience,' a National Training Organisation who have been appointed by the County Council to deliver this programme. All Instructors are fully accredited and have undergone the necessary DBS checks as set out in the County Council's Code of Practice.

A significant amount of training will take place outside of the school premises on roads around the vicinity of the school, for which the organisers provide each pupil with a High Visibility vest. The programme will be covered by the County Council's Third Party insurance. The children are assessed on the final day and results (achievement of Level 1 or Level 2) are explained to them at the conclusion of the final session.

BikeAbility offers something really positive for your child. Although the elements of the course are serious in terms of safety issues, dynamics of the course include fun, challenging and interesting teaching elements.

If there are any other aspects of the programme which you'd like to clarify, please do not hesitate to contact the school.

I do hope you will register your child for this training, which takes place week beginning 14th March 2016 and look forward to receiving your completed acceptance slip by **26.2.16**

Mr Davison
LKS2 Manager

PARENT/GUARDIAN CONSENT FORM

I,being the parent/guardian of

hereby give consent for my child to participate in the forthcoming ' *BikeAbility* Cycle Training Course.' I understand that part of the training will be carried out on public roads and that it will be covered by the County Council's Third Party insurance arrangements.

I realise that my child's cycling ability will be continually assessed, and that at any point during the course the instructor may decide that my child is unable to continue *BikeAbility* without further skill development.

Please note that your child will be invited to participate in a future BikeAbility course if further practice is presently required.

Signed: _____ Telephone No: _____

Date: _____

Please list any medical or other conditions, which may be of relevance:

PLEASE SIGN AND RETURN THIS TO THE SCHOOL AS SOON AS POSSIBLE

"Everything was what I expected, clear and professional. The instructors who took the course were superb. We would like them back next year."
Meadowdale Middle School.

"Excellent. Superbly organised, highly efficient"
St. Joseph's RC Middle School.

"Thank you so much for this week - what a fabulous experience for our Year 5 pupils. The kids had a great time and came back enthused after every session. Your instructors were great - they worked well with the kids and were very patient with our changes to the timetable caused by music lessons, swimming galas and so on. I cannot thank you enough and we can not wait for the Year 6 training in June. Thanks again to you and your great team."
Anne Pudephatt, Duke's Middle School.

"Fantastic – The children really enjoyed the experience and I was very pleased with the level of professionalism of all the instructors. Regards"
Craig Little, PE Department,
Chantry Middle School.

" The course is going really well and the kids are loving it! Thanks"
Paula Taylor, Tweedmouth Middle School.

"I was delighted with the Bikeability team. They were willing to 'work' with the children and established a rapport with all of them. The kids were real keen to work with them and I wouldn't hesitate in asking them back – which I hope to do in the near future."
Bebside Middle School.

"Thank you so much for all that you have done this week. It has been a pleasure to have you working in school. The children have had a positive experience and gained so much from their time with you. They have really buzzed about the cycling and how much they have improved. We have also had lots of feedback from the village - which has been great. Thanks again"
Sarah Barnes,
Bellingham Middle School.