



Lincoln Street

Leytonstone

London

14 October 2015

Dear Parents/Carers,

BIKEABILITY CYCLE TRAINING - FOR CHILDREN IN YEARS 3 and 4

We have been given the excellent opportunity to provide **free** Bikeability Level 1 cycle training to our children in years 3 and 4. The training will be provided by Cycle Confident Ltd who work with the Road Safety department at the council.

Our training, which will run over a two day period, will take place on Wednesday and Thursday 11th and 12th November 2015. **This may seem a while off, but we have to book in advance the number of days training we require according to the number of children participating, so we must know numbers before half term.**

The training, which will be playground based, will cover off-road Level 1 training - teaching core basic skills such as starting, stopping, manoeuvring and looking round safely. It is **not** suitable for children who are complete beginners to cycling i.e. who are as yet unable to ride a bike unaided. For more information on the training covered please visit: www.cycleconfident.com/courses/school-level1

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.**

In cases where bicycles are deemed too small, too big or to have faults such as not having two working brakes 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 two days training. They will be stored safely in school but should be well locked up. Children also need to bring a cycle helmet or the signed parental consent form needs to indicate that your child does not have to wear one.

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.

If you would like your child to take part in the training, please return the attached consent form by **the latest Monday 19 October – places will be allocated on a first come first served basis.**

Thank you for your cooperation in this matter,

Yours truly,

Sandra McLeod
Teacher

