

Dear Parent,

Bikeability Level 1 cycle training at Hughenden Primary School

A cycle training course is running at your school on **Friday 4 October 2019**
Bikeability Level 1 is open to Year 3 & 4.

The course is based in the playground and covers basic bike care and maintenance which the children can undertake themselves.

WE DO REQUIRE CHILDREN TO ALREADY BE ABLE TO RIDE A BIKE.

Training at Bikeability Level 1 covers how to:

- Prepare yourself and your bike for cycling
- Get on and off your bike without help
- Start off, pedal and stop with control
- Pedal along, use gears and change direction to avoid objects
- Look all around and behind, and control the bike with one hand
- Share space with pedestrians and other cyclists

For more details about courses and some useful information regarding helmets, bike sizing etc, please visit our web site at www.spokesci.com

If you would like your child to take part please return the consent form completed and signed with £10 in a name envelope to the school by **as soon as possible**.

If you have any questions, please don't hesitate to contact us via the school or on the email address below.

Many thanks,

BeSpoke Cycling Instruction Ltd



BIKE, HELMET AND CLOTHING CHECK

Please check your child's bike before they start their cycling training. Below are some tips for you.

Bike Size and clothing

Your child should be able to sit on the saddle and touch the ground with the balls of both feet. Below is a children's bike size guideline and a list of what to wear and not wear.

- ✓ Trainers
- ✓ Lace ups/Velcro
- ✓ Trousers/leggings/shorts
- ✓ Hip length waterproof jacket ❄️☀️
- ✓ Sunscreen ☀️
- ✓ Gloves ❄️

- ✗ Slip on shoes/ballet pumps
- ✗ Mittens
- ✗ Scarf



Making sure your helmet fits correctly

- ✓ The helmet should be a snug fit, and positioned squarely on the head, sitting just above the eyebrows
- ✗ It should not be worn tipped forward, or tilted back
- ✗ Straps should be securely fastened and not twisted
- ✓ You should be able to put 2 fingers between the strap and your chin. Any more and it is too loose.

Pre-course bike safety check

Visit Halfords online safety check www.halfords.com/cycling/bike-maintenance/care-plans/free-bike-check

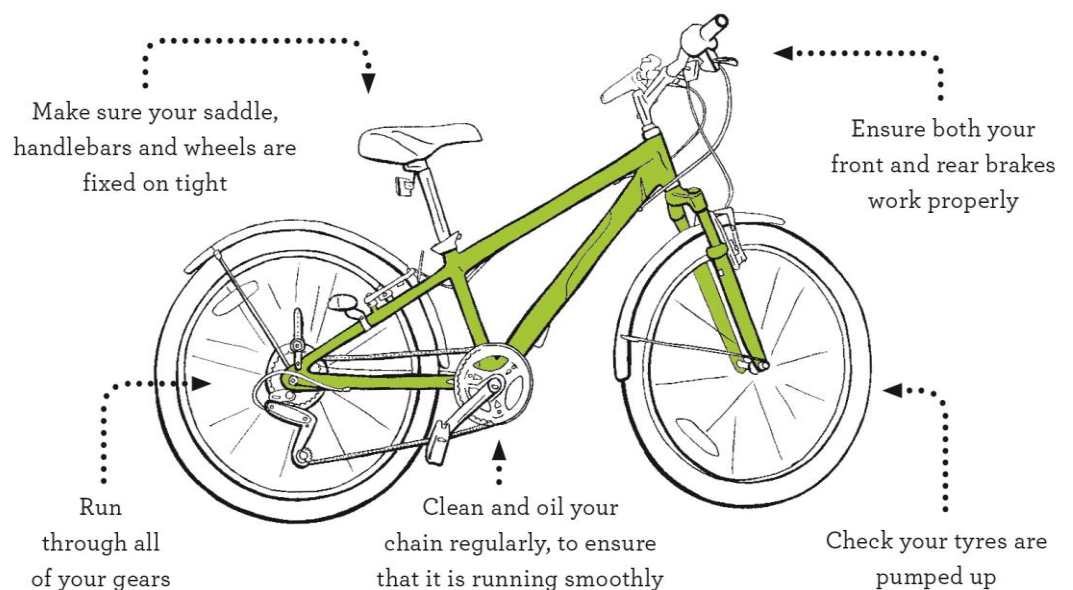
Remember your...

A
AIR

B
BRAKES

C
CHAIN

before every ride



FREE HALFORDS BIKE CHECK, DISCOUNT VOUCHER AND PRIZE DRAW

Why not also get a professional mechanic to check over your bike free of charge, through our exclusive partnership with Halfords, the nation's biggest cycling retailer? All you need to do, to receive some amazing incentives, is register at: bikeability.org.uk/participants-hub

BIKEABILITY PARENTAL CONSENT FORM

PARENT/ GUARDIAN – CONSENT FORM

This is an agreement between Bespoke Cycling Instruction Limited ('BeSpoke') and the undersigned. It relates to all training run by BeSpoke on or after this date of agreement.

Please read the following information before completing and returning the consent slip to your child's school. I understand that:

1. I agree to my son/daughter taking part in cycle training
2. My son/daughter can already ride (may be refused if not)
3. The instructors may refuse to train my child if they deem his/her cycle to be unroadworthy
4. It remains my responsibility to ensure my child does not ride an unroadworthy bike and if I am in doubt as to whether a cycle is roadworthy I should seek the advice of a professional mechanic
5. Instructors may at any time refuse to continue to train my child if his/her behaviour or cycling ability is deemed unsuitable
6. BeSpoke Cycling Limited will not be responsible for any injury or liable for any loss or damage to participant's cycles and other belongings.'
7. I agree for my child to wear a helmet, which I will provide.
8. I consent to the BeSpoke instructor 'adjusting' my child's helmet if required, however I confirm they are not responsible for the physical condition or appropriate fitting of the helmet
9. I understand that pupil data collected will be used to support the delivery and monitoring of training sessions/courses. See bikeability.org.uk/privacy-statement/ for further details.
10. I agree to encourage my child to practice between each session and after the completion of training

Full Name of Child:	
School:	
School Year:	
Are there any medical/ educational needs we need to be aware of?:	

If you are happy for your child to be photographed and/or filmed to help promote BeSpoke, please tick here ☐

I confirm that I have read all the information enclosed and in the 'Parental Consent Form' and consent to my child (or the above child for whom I take responsibility) to take cycling lessons and related activities, which may include cycle maintenance as well as riding on the public highway. I understand that this information is retained by my child's school and used to ensure my child is eligible to undertake Bikeability training provided by Bespoke Cycling Limited.

Signed (parent/guardian) :	
Date:	

