



Spokes Cycling Instruction  
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Dear Parent,

Spokes Cycling Instruction are pleased to be running a cycle training course at Hughenden Primary School, from 29 – 31 March 2017.

The course is Bikeability Level 2 and starts in the playground covering basic bike care, maintenance and key control skills. Before undertaking this course your child must be able to cycle one handed (to signal) confidently and without wobbling.

**THIS IS ESSENTIAL SINCE WE WILL BE TAKING THEM ON THE ROADS.**

Following the playground session we move on to road skills. We will show them where to position themselves safely, overtaking, passing side roads, how to make major to minor road turns and minor to major road turns. At all times they are accompanied by a qualified and accredited instructor and the emphasis is always on safety.

Your child's bike must be roadworthy and have TWO working brakes.

For more details about courses and some useful information regarding helmets, bike sizing etc, please visit our web site at [www.spokesci.com](http://www.spokesci.com)

If you would like your child to take part in the course, please sign and return the enclosed consent forms to the school by Friday 10 March 2017.

If you have any questions, please don't hesitate to contact us via the school or on the e-mail address above.

Many thanks

Spokes Cycling Instruction