



September 2019

Dear Parent/Carer

### **Bikeability Level 2 cycle training at Wendover CE Junior School**

A cycle training course will be running at you're your child's school on Monday 28 and Tuesday 29 October 2019. This course is open to Years 5 & 6 and has space for 16 children. It will be partially funded by Bucks County Council with a parental contribution of £10.50.

The Bikeability Level 2 course develops student's skills and confidence for cycling on single lane roads with simple junctions and mostly moderate traffic. During the training children will learn how to make independent decisions and cycle safely and responsibly.

As part of the course we cover Bikeability level 1 fundamentals which ensures your child is safe to ride on the roads. However, if your child is not deemed safe, they will not proceed to Level 2. Before allowing your child onto the road they need to be able to signal confidently, using one hand to steer the bike without wobbling.

**For the safety of your child this is a compulsory requirement and without these skills we cannot take them onto the road. To avoid disappointment we advise making sure your child is confident doing the above before signing up to the course.**

Cycles 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, please sign and return the enclosed consent form to school **by Friday 4 October**. Places will be allocated on a first come, first served basis up to a maximum of 16. Once your child's place is confirmed, you will be able to make your payment of £10 via ParentPay.

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

Kind regards

**BeSpoke** Cycling Instruction Ltd



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## BIKE, HELMET AND CLOTHING CHECK

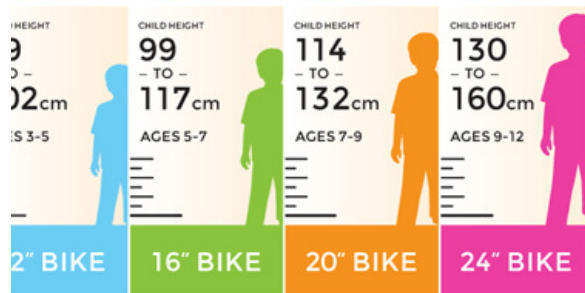
Please check your child's bike before they start their cycling training. Below are some tips for you.

### 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](http://www.halfords.com/cycling/bike-maintenance/care-plans/free-bike-check)

Remember your...

**A**

AIR

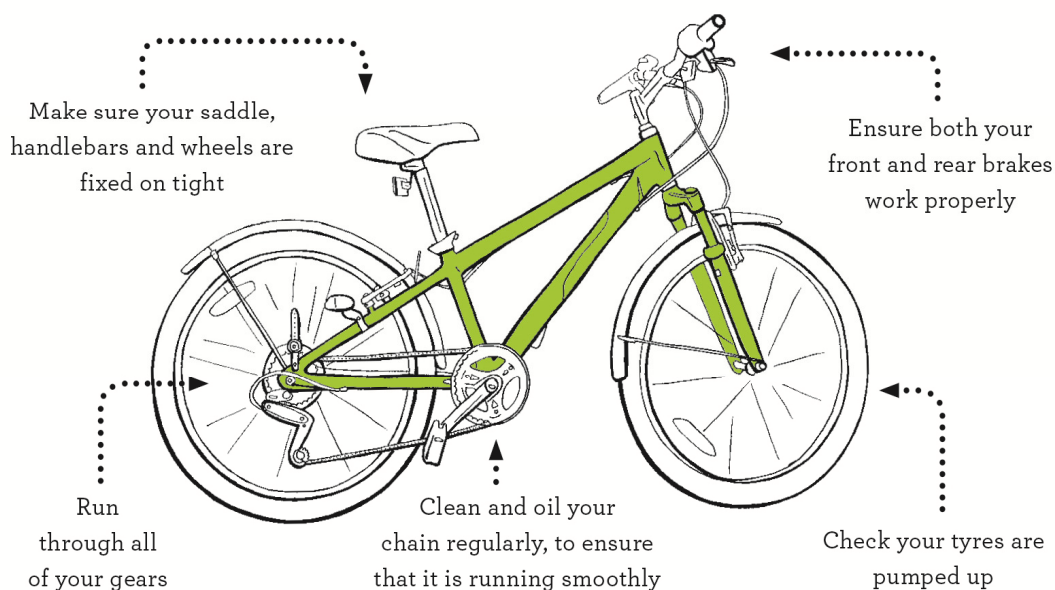
**B**

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](http://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/](http://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:	WENDOVER CE JUNIOR SCHOOL
School Year:	
Are there any medical/educational needs that 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/carer) :	
Date:	Mobile No.

