



Get Set Cycle...

Learning to Ride Sessions

Tuesday 15th February – 3-4.30pm

Dear Parent/Guardian,

I have the opportunity to come into KS1 to take cycling sessions to children that want to learn to ride their bikes.

The session consists of 1 1/2 hours (with break), on the playground, learning to:

- Get on and off the bike without help
- Start off pedaling and stop without help
- Ride along without stabilisers
- Make the bike go where they want
- Understand the importance of wearing a helmet and the correct clothing
- Carry out a simple bike check

The cost of the course is only £12

Checklist for training

Your child will need to ensure that they are adequately prepared for their training.

Firstly you need to ensure that you have removed the stabilisers from your child's bike.

You should also ensure:

- *Saddle and handlebars are adjusted to the correct height and secured tightly.*
- *Brakes are functioning*
- *Tyres are pumped up with no punctures*

It is also important that your child is dressed appropriately for the training:

- *Think about the weather – if it's raining you might want to ensure that your child has waterproof clothing with them, or if hot, sun-cream has been applied.*
- *Don't forget about a properly fitted cycle helmet, the correct size and fit. This should bear a recognised test standard such as the BSI Kite Mark, ANSI or American Snell B. 95, European CE Mark.*
- *Ensure your child is wearing shoes with a closed heel and toe.*
- *Leggings or tracksuit bottoms are required – no skirts please.*

If you think that this course would benefit your child/children please could you return the slip below asap.

Places are limited to 8 pupils and will be given on a first come first served with payment basis.

Please complete and return the attached consent form below with payment

Yours faithfully,

Lucy Bemand
NSIQ

Learning to Ride Consent Form

This form must be signed and returned to the school before training commences. If it is not, your child **will not** be permitted to take part in the cycle training course.

Bikeability course at: DOWNLANDS SCHOOL

Dates: TUESDAY 15TH FEB

Name and age of

child:.....

Does your child have any medical condition, which may affect him/her on the course?

(delete as appropriate)

Yes/No

If yes, please give

details:.....

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Emergency contact name:

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Emergency contact number:

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I agree to my child taking part in the learning to ride session. *It would be useful to have a contact email address so I can communicate with you a couple of days before the cycle training course and ask for feedback after the course. Your email details will not be used for any other reason and will be destroyed immediately after the course.*

Email Contact

details:.....

Signature of

parent/carer:.....

Date:.....

Please enclose £12 cash or cheque (payable to L. Bemand)