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Dear Parents,

Bikeability Training for Year 6

The Year 6 children will be doing their Bikeability training here at the school on Monday 12th & Tuesday 13th June. The Government is funding the cost of Bikeability training for all schools via the local authority until 2020, so a parental contribution is not required.

Enclosed is the information from West Berkshire who will be running the Bikeability training, and also the Parental Consent form that we require completed and returned by Weds 7th June.

Yours Sincerely

Jane Kanisius
Head Teacher

West Berkshire Council

BIKEABILITY ADVICE FOR PARENTS



Bikeability is the Cycling Proficiency for the 21st century. The course is designed to develop your child's cycling skills, road awareness and confidence, improving their ability to ride safely in today's traffic. All instructors are trained to the National Standard, are CRB checked and have their own insurance. All training sites are risk assessed before the start of each course. Courses usually end with a group bike ride, giving children a chance to put their new skills into practice and exploring where they live.

The safety of your child is priority: To take part in our Bikeability cycling course your child will need a safe, roadworthy bike of the correct size. Please take the time to check your child's bike over, paying special attention to the tyres, brakes and chain or take it to a bike shop before the course commences. It is a legal requirement for all bikes that are to be ridden on the road to have TWO working brakes, a rear red reflector and orange pedal reflectors. The instructor will check the bike at the start of the course and you will be notified of any faults that are found. These need to be rectified before the next training session. All of our instructors are able to make minor adjustments to enable a child to continue with the training on the day, but we will not carry out full services or major repairs!

We encourage the wearing of cycle helmets and it is important that they are in good condition and fit well. Please note that full face, downhill helmets are NOT acceptable as they impair the child's vision and hearing on the road. Some simple tips on ensuring a good fit are outlined overleaf.

Please sign and return the attached consent form to confirm you have read and accept these conditions.

During the course, your child will receive literature to read at home. Your support in working with your child will help him/her develop road safety skills, knowledge and attitudes more effectively.

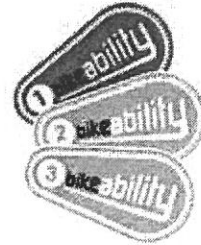
Bikeability will give your child the skills and confidence to be able to ride safely on local roads. However, these skills are easily forgotten so please take time after the course to ride on the road with your child. Riding on local commons and towpaths may be more picturesque, but it doesn't help to reinforce what they have learnt. You will be impressed by their new skills and, quite possibly, with what they can teach you!

Many thanks. *Caroline Lane, Cycling Coordinator*



West Berkshire
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WEST BERKSHIRE BIKEABILITY



Parent/Guardian Consent Form

This consent form must be signed and returned to the **cycling instructor** before the lesson. If the form is not received, your child will not be allowed to participate.

- I have read the conditions and advice
- My child is at least 10 years old in this academic year
- My child's bike **MUST** (*please tick*)
 - Have two working brakes
 - Have a rear red and orange pedal reflectors
 - Fit my child (they can reach the ground with only the balls of their feet when seated on the saddle)
- I agree to my child receiving "on road" training and will ensure that their bike remains roadworthy throughout the course.

Venue

Date

Child's Name

Date of Birth

Address

Post Code

Emergency Contact No:'s 1

2

Does your child suffer from any physical,

Yes

No

If Yes please give details

Parent/Guardian (Mr/Mrs/Ms/Miss)

Signature

Date

e-mail address:



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FITTING A CYCLE HELMET

1. Place the helmet squarely on the head so that it sits approximately one inch above the eyebrows. Adjust the strap at the back or use the pads provided to ensure a snug fit.
2. Adjust the side buckles so that they rest just below the ears. The front strap should be as vertical as possible.
3. Fasten the buckle underneath the chin. It should be possible to just get no more than two fingers between the strap and the chin. Adjust the strap as necessary, using the small elastic band to secure.

