

TADDINGTON/PRIESTCLIFFE PRIMARY SCHOOL



School Lane,
Taddington,
Nr Buxton,
Derbyshire
SK17 9TW



Executive Headteacher: Mr J Handley **Tel: (01298) 85278**

e-mail: executivehead@taddingtonpriestcliffe.derbyshire.sch.uk

Head of School: Mrs E Chapman **Tel: (01298) 85278**

e-mail: headofschool@taddingtonpriestcliffe.derbyshire.sch.uk

Dear parents/carers,

Our Year 5 and 6 children will be taking part in Bikeability training:

Year 5 children on Tuesday 4th July.

Year 6 children on Tuesday 18th July and Wednesday 19th July.

Bikeability is the national cycle training programme supported and funded by the Department for Transport. The course builds the skills and confidence of children who can already ride. Bikeability can not only make children better cyclists - potentially for the rest of their lives - but can help with general confidence and independent thinking. Bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors. Visit www.bikeability.org.uk for more information.

Before your course it is really important to have a few things sorted including:

Your bike - make sure you check that your bike is in good working order, with the tyres inflated and the moving parts working well. If you need to take it to a bike shop beforehand, don't leave it to the last minute!

Your helmet - your helmet should sit on top of your head comfortably, (not too tight or too loose), with the peak sitting about two fingers width from your eyebrows. The side adjusters should sit just below your ears forming a nice V on the side of your head, and the chin strap should allow for two fingers to fit between it and your chin.

Your clothing - wear whatever you would normally wear to school, but you must also be prepared for the weather. On cold or wet days, make sure that you have your coat and gloves, and an extra layer or two. Bring a change of clothes available, just in case. On warm sunny days make sure you have put on a good amount of suncream at the start of the day and keep drinking water throughout the day.

TOP TIP- as you will be using a bit more energy than normal, bring an extra snack, also making sure you've had a good breakfast before school.

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PRE-COURSE BIKE SAFETY CHECK

Visit bikeability.org.uk/bikeability-training/get-ready/



- 1 Make sure your saddle, handlebars and wheels are fixed on tight
- 2 Ensure both your front and rear brakes work properly
- 3 Run through all of your gears
- 4 Clean and oil your chain regularly
- 5 Check your tyres are pumped up

REMEMBER YOUR



AIR



BRAKES



CHAIN

BEFORE EVERY RIDE

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PARENT/ GUARDIAN – CONSENT FORM

Please read the following information before completing and returning the consent slip.

I understand that:

1. I agree to my son/daughter taking part in cycle training
2. My son/daughter can already ride
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. Bikeability will not be responsible for any injury or disease transmission 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 (delete as required)
8. I consent to the Bikeability 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 practise between each session and after the completion of training.

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BIKEABILITY 2023

Full Name of Child:	
School:	Taddington and Priestcliffe Primary School
School Year:	
Are there any medical/ educational needs we need to be aware of, including allergy to hand sanitiser?	
To take part in Level 2 training your child MUST be able to do the following tasks. To help us asses your child's training needs, please tell us if your child can already do the following without stabilisers or assistance: • Look behind while pedalling in a straight line • Pedal one handed in a straight line (both hands)	

If you are happy for your child to be photographed and/or filmed to help promote Bikeability, 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.

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Signed (parent/guardian) :	
Date:	