

Monday 16th April 2018

Telephone 01432 363511

Mr James Debenham BEd
Deputy Head
j.debenham@herefordcs.com

Dear Parent,

www.herefordcs.com

HEREFORDSHIRE COUNCIL BIKEABILITY CYCLE TRAINING (Y6)

In association with Herefordshire Council, we have once again arranged for Bikeability Cycle Training (formerly cycling proficiency) at the Junior School. If you would like your child to take part in this training on Saturday 5th May, Saturday 12th May, Saturday 19th May or Saturday 16th June at the Junior School between 9am and 3pm please fill in and return the attached permission slip to the School Office. **Please note that places are limited and will be allocated on a first come first served basis on completion of the attached permission slip, which must be handed directly or emailed a.phillips@herefordcs.com to Mrs Phillips in the School Office. In previous years demand for places has been high and a waiting list has been used.** Children will be required to bring their own packed lunch and refreshments.

The training, which takes at least five hours, is carried out by Bikeability-trained instructors employed by Herefordshire Council. Training will start with Level 1 Bikeability (off road in the Junior School playground) and only when the Instructor is satisfied that a child is safe to cycle on the public highway will children be trained to Level 2 Bikeability. On-road training is entirely at the instructor's discretion.

Parents should make sure that children can control their cycles, especially when signalling, before training starts, otherwise training may be refused for safety reasons. Cycles should also be checked for roadworthiness before the course, as instructors are not allowed (and do not have time) to repair and adjust cycles.

All children taking part in training must wear a properly fitted cycle helmet made to one of the appropriate standards. Children without suitable helmets will not be trained. Personal accident insurance for cyclists is not provided by the Council and you will need to arrange such cover privately if you so wish. All cyclists who complete the course satisfactorily will receive a Bikeability badge and certificate.

Please remember for your child's sake:

- Cyclists must have a roadworthy cycle of suitable size, which they can ride confidently before training commences.
- Helmets must be worn at all times.
- Children should wear clothing appropriate for the time of year – warm, waterproof coat and gloves in winter: light clothing in summer. In hot weather, your child should be provided with sunscreen and water.
- Any medical conditions and/or disabilities which affect your child must be identified on the attached form.

Yours sincerely,



JM Debenham

HEREFORDSHIRE COUNCIL BIKEABILITY CYCLE TRAINING

Parent Permission Slip

Please complete and return to the School Office. The instructor must be in possession of the completed slip **BEFORE** your child may take part in any on-road cycle training.

PLEASE COMPLETE IN BLOCK CAPITALS

Child's full name

Age.....

Date of birth.....

Hereford Cathedral Junior School

Home address.....

Telephone number.....

- Preferred date(s) of training (please tick): Available on any of the dates
- Saturday 5th May 2018
 - Saturday 12th May 2018
 - Saturday 19th May 2018
 - Saturday 16th June 2018

Does your child suffer from any disability which may affect his/her safety whilst taking part in the training?

If yes, please state, e.g. deafness, epilepsy etc.



Declaration:

I allow my child named above to undertake Herefordshire Council's Bikeability Cycle Training. I undertake to ensure that my child's cycle is in a roadworthy condition and understand that I must provide an approved cycle helmet for my child.

I declare that I have read and agree to abide by the conditions contained in the accompanying letter.

Signed.....Parent/Guardian

Date.....