



Wootton St Andrew's Church of England Primary School

Headteacher Mrs R Zaitschenko

Telephone: 01469 588361

High Street
Wootton
Nr Ulceby
North Lincolnshire
DN39 6SG

28th February 2024

Dear Parents,

BIKEABILITY - Parent /Carer Consent Form

A practical cycle training course is to take place at school for all Y6 pupils on Monday 20th May & Tuesday 21st May 2024.

Training will **not** be confined to the playground, but will take place on suitable public roads, under the supervision of trained instructors, following a well-established syllabus.

Cycle training is designed to develop road sense, an awareness of danger and to improve your child's ability to ride safely in traffic. It is not designed to teach a non-cyclist how to cycle and if you wish your child to take part, you should ensure that they have **good** balance and control before they embark on the course.

If you wish your child to participate in this training course, please complete and sign the bottom of this form, and return it to school as soon as possible. **For your child's safety your child must bring a properly fitted cycle helmet for the duration of the course.**

If you wish to use a cycle provided by Bikeability please notify the school office.

Yours faithfully,

Mrs R Zaitschenko
Headteacher

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Wootton St Andrew's Primary School

REPLY SLIP

I agree to my child (PLEASE PRINT NAME)
taking part in the cycle training course on Monday 20th May & Tuesday 21st May 2024.

I accept responsibility for ensuring the bicycle used will be kept in a roadworthy condition for the duration of the course, and understand that a properly fitted cycle helmet is necessary for his/her safety.

I also accept that responsible behaviour on his/her part is necessary during the training sessions and that he / she may be excluded from the course if their behaviour is unacceptable.

SignedDate

Bicycle Checklist

- The bicycle must be in a clean and roadworthy condition and of a suitable size for the rider. If it is not, the trainee may be refused enrolment on the course. The bike should be checked prior to each journey and training session
- Check that both front and back brakes work and the brake pads touch the wheel, not the tyre.
- It is a legal requirement to have two working sets of brakes.
- Check the rider can easily reach the brake levers.
- Check all cables to ensure they are not frayed or about to break.
- Check the bike isn't too big or too small for the rider. The rider's toes should be able to just touch the ground, when sitting on the saddle.
- Check that the seat and handlebars are not raised above their safe limits (there will be a marking showing on the seat or handlebar post).
- Check handlebar end caps are fitted.
- Check the wheels are fixed securely to the bike.
- Check if the tyres are worn or have bulges. Make sure they are pumped up hard, as there is less chance of a puncture.
- Check the handlebars turn smoothly and cannot be twisted out of line.
- Check the pedals spin freely.
- Check that all gears change easily and ensure chain is well oiled. .
- Only carry out adjustments or repairs if you know what to do. If you are unsure, take the bike to a bike shop.