



Developing Potential without Limitations

Frieth CEC School
Frieth
Henley-on-Thames
Oxon RG9 6PR
01494 881554

31 October, 2016

Dear Parents/Guardians

Cycling Proficiency Course

I am delighted to say that we have booked Spokes Cycling Instruction to run a cycling proficiency course at school for Years 5 and 6 for the week commencing Monday 12th December. The children will be split into three groups and will go out for 1½ hours each day.

The course is Bikeability Level 2 and starts in the playground and covers basic bike care and maintenance, advanced control skills including emergency stops and signalling without wobbling and lots of games to give your children the skills and confidence required for safe road riding. Before undertaking this course your child must be able to cycle one handed (to signal) confidently and without wobbling. **THIS IS ESSENTIAL SINCE WE WILL BE TAKING THEM ON THE ROAD.**

Following the playground session the children will move on to road skills. They will be shown where to position themselves safely, overtaking, passing side roads, how to make major to minor road turns and minor to major road turns. At all times they are accompanied by a qualified and accredited instructor and the emphasis is always on safety.

Your child's bike must be roadworthy and have TWO working brakes. **IT WILL ALSO BE COMPULSARY TO WEAR A WELL FITTING BIKE HELMET.**

The course will cost £55 per child. However, I have managed to obtain a subsidy of £40 per child from Wycombe District Council. All that we require is a £15 donation per child towards the cost of the training together with the signed consent slip at the bottom of this letter **and** a signed Spokes consent letter (attached). We will be unable to train your child without the two completed forms.

We understand that many children will want to bring their bikes in for the week and leave them at school for the duration of the course. We will ensure that the bikes are left in a secure location. The children will go out each day regardless of the weather so please ensure that they have the appropriate clothing with them each day.

Yours sincerely,

Mrs Louise Goodchild
Class Teacher

Spokes Bikeability Level 2 Course week commencing 12th December 2016 Year 5 & 6

CHILD'S NAME CLASS

- I give permission for my child to take part in the Spokes Bikeability Level 2 course.
- I support the need for responsible behaviour on his/her part.
- I confirm that my child can cycle one handed (to signal) confidently and without wobbling.
- My child has a roadworthy bike with two working brakes and a well fitting helmet.



Please tick to confirm all points above.

My child has the following medical
needs: _____

I enclose £15.00 cheque/cash (please delete as appropriate)
Please make cheques payable to Frieth CEC School Fund

Signed Parent/Guardian Date:.....