



Developing Potential without Limitations

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

17 May, 2019

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, running for four days starting Tuesday 18th June. The children will be split into 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 use junctions onto major and minor roads and how to use the Highway Code. 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 £40 per child. However, I have managed to obtain a subsidy of £30 per child from Wycombe District Council. All that we require is a £10 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

Honest and Truthful

Challenging and Responsible

Headteacher: Mrs Josephine Reid BA (Hons), PGCE, MA, NPQH

Website: www.friethschool.co.uk



Spokes Bikeability Level 2 Course commencing 18th June 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 £10.00 cheque/cash (please delete as appropriate) Please make cheques payable to Frieth CEC School Fund

Signed Parent/Guardian

Date:.....

Honest and Truthful

Challenging and Responsible

Headteacher: Mrs Josephine Reid BA (Hons), PGCE, MA, NPQH

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BIKEABILITY PARENTAL CONSENT FORM

PARENT/ GUARDIAN – CONSENT FORM

This is an agreement between Bespoke Cycling Instruction Limited ('BeSpoke') and the undersigned. It relates to all training run by BeSpoke on or after this date of agreement.

Please read the following information before completing and returning the consent slip to your child's school. I understand that:

1. I agree to my son/daughter taking part in cycle training
2. My son/daughter can already ride (may be refused if not)
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. BeSpoke Cycling Limited will not be responsible for any injury 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.
8. I consent to the BeSpoke 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 practice between each session and after the completion of training

Full Name of Child:	
School:	
School Year:	
Are there any medical/ educational needs we need to be aware of?:	

If you are happy for your child to be photographed and/or filmed to help promote BeSpoke, 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 provided by Bespoke Cycling Limited.

Signed (parent/guardian) :	
Date:	



BIKE, HELMET AND CLOTHING CHECK

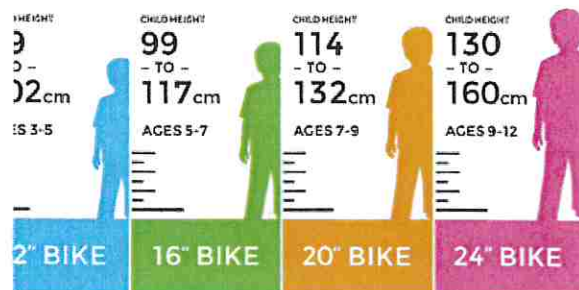
Please check your child's bike before they start their cycling training. Below are some tips for you.

Bike Size and clothing

Your child should be able to sit on the saddle and touch the ground with the balls of both feet. Below is a children's bike size guideline and a list of what to wear and not wear.

- ✓ Trainers
- ✓ Lace ups/Velcro
- ✓ Trousers/leggings/shorts
- ✓ Hip length waterproof jacket ☀️❄️
- ✓ Sunscreen ☀️
- ✓ Gloves ❄️

- ✗ Slip on shoes/ballet pumps
- ✗ Mittens
- ✗ Scarf



Making sure your helmet fits correctly

- ✓ The helmet should be a snug fit, and positioned squarely on the head, sitting just above the eyebrows
- ✗ It should not be worn tipped forward, or tilted back
- ✓ Straps should be securely fastened and not twisted
- ✓ You should be able to put 2 fingers between the strap and your chin. Any more and it is too loose

Pre-course bike safety check

Visit Halfords online safety check www.halfords.com/cycling/bike-maintenance/care-plans/free-bike-check

Remember your...

A

AIR

B

BRAKES

C

CHAIN

before every ride

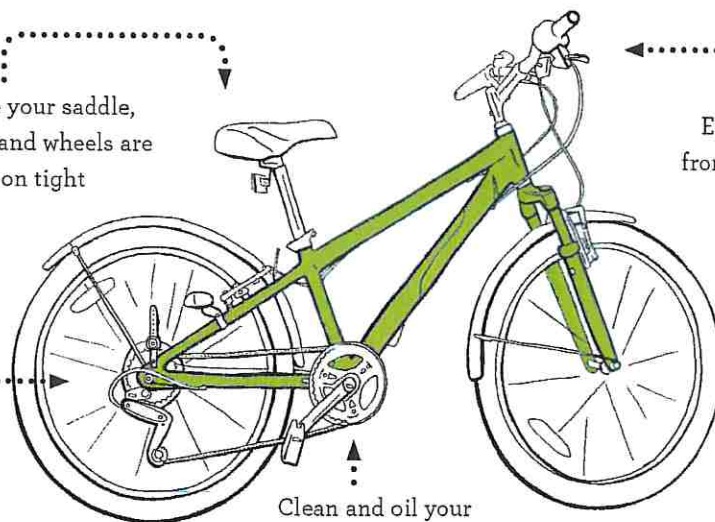
Make sure your saddle, handlebars and wheels are fixed on tight

Run through all of your gears

Clean and oil your chain regularly, to ensure that it is running smoothly

Ensure both your front and rear brakes work properly

Check your tyres are pumped up



FREE HALFORDS BIKE CHECK, DISCOUNT VOUCHER AND PRIZE DRAW

Why not also get a professional mechanic to check over your bike free of charge, through our exclusive partnership with Halfords, the nation's biggest cycling retailer? All you need to do, to receive some amazing incentives, is register at: bikeability.org.uk/participants-hub