



# Ryecroft C.E. Middle School

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Dear Parent / Carer

24<sup>th</sup> February 2020

## Year 5 - Bikeability Bike Fix & Level 2 Training

Cyclist Training Ltd are providing **ALL** Year 5 students the opportunity to take part in Bikeability Training. This will involve **Bike Fix Training on Thursday 1<sup>st</sup> April 2020**, to be followed by **Level 2 Training on Wednesday 8<sup>th</sup> and Thursday 9<sup>th</sup> July 2020**. The training will take place within the school day and will be provided by experienced trainers. This is a national scheme funded by the Department of Transport and provided through Staffordshire County Council. It is designed to help our children stay safe whilst riding their bikes on the local roads and it is **FREE** of charge.

Bikeability Fix is a basic bicycle maintenance session taught by qualified competent mechanics. Every student will have the opportunity to work on their own bike (preferably), or one provided by the school (adjusting saddles, repairing punctures, adjusting brakes and learning about gears) becoming self-reliant and enabling a greater sense of freedom.

This session is being delivered before your child's Bikeability Level 2 Training, to enable full participation as students will be able to check their own bikes at home and ensure they are in a roadworthy condition for the course. Bikes and helmets will be provided by Ryecroft for both courses for any students who are unable to bring their bikes from home. **Every child will receive a puncture repair kit to take home.**

### **The benefits of my child taking part in Bikeability**

For greater independence; practical life skills; active health; sustainability; fun.

To take part on these courses, your child requires;

1. The use of their own, a friend's or a borrowed school bike for the required 3 days – Please refer to the attached leaflet regarding the required condition of the bike.
2. A completed and signed parental consent form for both the Bike Fix and the Level 2 Training.
3. To wear suitable outdoor clothing e.g. PE kit. Your child can come to school on the required three days wearing their PE kit, however, due to the changeable weather, could your child also bring a change of suitable clothing with them.

**Students will need to bring in a bicycle on the required three days. However, if your child *does not* have a bicycle, you will be able to borrow a bicycle and / or a helmet from school, if this is the case, then please contact Mrs Whitehall in the school office as soon as possible.**

**Staffordshire County Council strongly recommends that a correctly fitted cycle helmet should be worn by all students participating in the Bikeability training.**

Could you please complete the attached Level 2 parent information / consent form and return it to the school office by **Monday 16<sup>th</sup> March 2020 at the very latest**. This form provides consent for both the Bike Fix and Level 2 training.

Yours sincerely

Miss R Baramuszcak  
Headteacher

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