

### Y5 Bikeability - Parent /Carer Consent Form

Dear Parents/Carers,

As part of our 'Outwood Primary Diploma', next half term Year 5 will be taking part in a practical cycle training course at school. During this two day course, your child will have the opportunity to learn how to cycle safely and undertake the national bikeability award. 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**: your child should have good balance and control on a bicycle before they embark on the course.

Your child will need a bicycle in a safe, roadworthy condition in order to participate in the course. Should your child not have access to a bicycle, there will be some available to borrow on the day. For your child's safety, it is school policy to wear a properly fitted cycle helmet for the duration of the course. Helmets will be provided to those required. The bicycle will be checked prior to the start of the course, to ensure it is safe. You will find the safety checklist on the reverse of this letter.

Please complete and sign the bottom of this form confirming your child's ability to ride a bicycle and whether they have access to a bicycle and helmet, and return it to school as soon as possible. A confirmation letter and information regarding dates will be sent out shortly.

Yours sincerely,

Miss Fowler

Year 5 Lead

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#### Bikeability Reply Slip

I agree/disagree to my child (PLEASE PRINT NAME) \_\_\_\_\_ taking part in the cycle training course. 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.

My child can ride a bicycle.	Yes/No
My child has access to a <b>bicycle</b> and this will be brought on the two days of their course.	Yes/No
My child has access to a <b>helmet</b> and this will be brought on the two days of their course.	Yes/No

Signed \_\_\_\_\_ Date \_\_\_\_\_

## **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 the 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.