



St Mary's Catholic Primary School

Headteacher: Mrs Helen Armstrong
Diocese of Plymouth

6th September 2016

Dear parent/carer,

The Borough of Poole is now running Bikeability cycle training courses for pupils in Years 5 and 6 at our school. Please find attached a list of scheduled sessions:

Session 1 10/10/16 Session 2 11/10/16 Session 3 12/10/16 Session 4 13/10/16 Arrive – 15:30pm Leave – 17:30pm

Your child will need a roadworthy bike (see checklist overleaf) and fitting bike helmet to participate. Your child must already be able to ride their bike confidently without wobbling before the course to be able to quickly learn making hand signals and looking behind. Children who do not reach the required level by the first session will not be able to progress onto the road.

It is essential that you also provide an up to date telephone number so that we may contact you in case of bad weather or an emergency.

If you cannot make the allocated date for training, please let us know and we'll keep your child on the waiting list for cycle training at a later date, or alternatively visit poole.gov.uk/cycling for other Bikeability training courses.

Please read and sign the attached consent slip and return it immediately. The cycle training team looks forward to providing your child with a fun and safe Bikeability course.

Yours sincerely,

Amanda Hazell
Office Manager/PA to Headteacher



Borough of Poole Bikeability training consent form

Full Name of Child (in capitals): _____ School: _____ School Year: _____

Medical Conditions or Educational Needs: _____

My child will be collected at following each training session ☐

My child has permission to travel home unaccompanied following each training session ☐

If you would prefer your child not to be photographed, please tick here: ☐

I confirm that I have read all the information within and consent to my child (or the above child for whom I take responsibility) to take lessons in safe, effective cycling and related activities, which may include cycle maintenance as well as riding on the public highway.

Signed: _____ (parent/carer) Date: _____



Creativity – Love – Respect – Spirituality

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Bike Check Notes

Parents should check their child's cycle before the start of the course. If, in the opinion of the instructor, the cycle is not roadworthy, pupils will not be allowed on the course. Faults are often easily put right but occasionally a new part is required. If in doubt take it to a bike mechanic to be examined. We would therefore like to draw your attention to the following:

MECHANICAL CONDITION A mechanically sound cycle is a safe cycle. Make sure that all parts are in good repair and there are no parts are loose.	Checked?
WHEELS AND TYRES Tyres must be inflated to the correct pressure which is usually stamped into the moulding of the tyre wall. As on cars, worn tyres can cause punctures. Tyres must have a reasonable amount of tread and there should be no bald patches. The side walls should have no splits or bulges. Wheels should have no cracks or broken spokes; quick releases levers and bolts should be closed tightly.	
BRAKES Cycles must have two working brakes which must stop the cycle. Brake blocks and cables should be in good condition and brake levers adjusted so that they can be operated with the minimum amount of pull. If the levers touch the handlebars in the 'on' position, the cables are too slack. Levers should be so placed that the child's fingers curve easily around them whilst the palm of the hand is on the grips. There is a variety of levers available, be sure that the ones fitted are suitable for your child.	
CHAIN Should be oiled, the correct size for the cycle and have no stiff links.	
SADDLE AND SEAT POST Saddle not loose, must be straight, roughly horizontal and at the correct height for the rider. Seat post not loose or over maximum limit.	
BEING SEEN It is important that both the cycle and the rider can be seen by other road users. Cycles must always have at least a red rear reflector and if your child intends to ride in the dark or in poor weather conditions, then they must also have lights. The use of high visibility fluorescent and reflective garments is strongly recommended. During the on road course pupils will be provided with a fluorescent safety tabard.	
BELL We suggest that a bell or alternative warning device is fitted. The correct position is on the left of the handlebar within easy reach of the grip.	
HELMETS Helmets must conform to BS EN 1078:1997 or equivalent. It must fit and be correctly adjusted.	

