

Shacklewell Primary School
Shacklewell Row, London E8 2EA
Telephone: 0207-2541415

SWoffice@newwavefederation.co.uk
Executive Headteacher: Mrs Michelle Thomas
Headteacher: Ms Nicole Reid

Wednesday 21st September 2016

Hello Year 5 Families,



A Passion for Pedalling

We are delighted to let you know that Hackney Sustainable Travel will be back with us to lead a 5 day National Standard, on road cycle training course here at Shacklewell. The aim of the course is to give children the skills and knowledge to use their bike safely and effectively on quiet roads. The children are taught in a small group and will be under the direct supervision of 2 experienced instructors at all times. Over the week, after taking part in fun games and exercises in the playground and demonstrating their competence, they will be taken onto quiet local roads to be introduced to the basic rules of the Highway Code.



The course will take place during the school day for 2 hours each day over the week commencing **Monday 3rd October**.

It is aimed at children **who can already balance and ride a bike on their own**. There are also some short sessions included for complete beginners so do let us know on the slip below. The children on the course will be expected to bring their bike each day, in a roadworthy condition. If your child can ride a bike but does not own one, please don't worry, we have a fleet of pool bikes available, just let us know on the slip below. **It is essential that the Consent Form (on reverse) is also completed and returned to the school office.**

This is a fabulous opportunity and great timing as children who have trained to this standard may be able to represent Team Shacklewell in Hackney's brilliant **Bike Around the Borough** Event later in the Summer Term. Exciting times!

Warm wishes,

Bev Dickinson
 Extended Schools & Community Leader



Year 5 Autumn - 2016 Cycle Training

I would like my child _____ in class _____ to take part in cycle training.

My child owns their own bike.	Yes	No
My child is a complete beginner.	Yes	No

Signed _____ parent / carer Contact No _____

Cycle Confident Schools Cycle Training Consent Form

School Name: _____

Trainee:

Full name			
Age		Gender	
Any special needs or medical conditions			

Bicycle and helmet

My child will bring a bicycle	YES	NO
My child may share his/her bicycle	YES	NO
Persons under the age of 16 MUST wear an approved cycle helmet while undertaking the training unless the parent/guardian specifies this is not required.		
Do you wish your child to wear a helmet? If yes, please note that you will need to provide one	YES	NO

TERMS AND CONDITIONS FOR SCHOOL CYCLE TRAINING (please read carefully)

1. I agree to my son/daughter taking part in cycle training.
2. Trainees under the age of 16 will wear an approved cycle helmet while training unless you have indicated above that this is not required.
3. Trainees under the age of 16 will wear the supplied high-visibility waistcoat.
4. This course is not designed to teach the basics of balancing and control. Therefore the instructor may decline training for a child who is unable physically to control the bicycle.
5. Level 1 training takes place in the school playground or another off-road site. For Level 1&2 courses, if trainees reach the required standard they will be taken onto local roads for further training.
6. The instructor's decision is final with regards to whether children are ready to cycle on the road.
7. Training will cover all aspects of safer cycling including recommended procedures for starting, stopping, turning left and right and, at Level 2, will develop skills and basic strategies for dealing with traffic.
8. I agree that the instructor(s) can adjust my child's bicycle if necessary.
9. I agree that my child will conduct him/herself in an appropriate manner and follow the directions of the instructor. I understand that the instructor may decline training for a child whose behaviour is disruptive or is considered to be putting him/herself, other people or property at risk.
10. I am responsible for my child being suitably dressed for cycling.
11. If my child brings personal belongings to the course, he/she does so at his/her own risk.
12. I understand that Cycle Confident Ltd is not responsible for any injury or loss or damage to any person or property not caused by an instructor's negligence.
13. This consent form **MUST be signed by the child's parent or guardian.**

I have read, understood and agree to the Terms and Conditions above

Signed		Date	
Contact Number(s)			