



Dear Parent/Guardian,

We are pleased to let you know that we have arranged for qualified cycle trainers to visit our school to deliver a **Bikeability course**. This is a fantastic opportunity for children to develop their cycling skills and confidence.

To take part, children must already be able to ride and control a bike competently. Children who cannot ride a bike will also begin training on this to build their confidence. If your child owns a bicycle and helmet, please ensure they bring them to school on the training days. **Wearing a helmet is compulsory**. If your child does not have a bike or helmet, we may be able to provide one—please let us know in advance so we can make arrangements.

To apply for a place on the course, please complete and return the attached consent form.

Training Dates:

Your child will need to bring their bike and helmet to school from **Monday 7th July to Friday 11th July**.

Please ensure your child's bike is in good, roadworthy condition and is the correct size for them. Instructors will carry out a safety check at the start of the first session and may make minor adjustments if needed. However, if a bike is found to be unsafe, your child will not be able to continue with the course.

The training is progressive and takes place over several days, with each session lasting approximately **90 minutes**. Attendance on all days is important. If a session is missed, it will be at the trainers' discretion whether your child can continue. The first session focuses on bike handling skills, and only those who demonstrate confidence and control will move on to on-road training.

We've also attached a guide to help you check your child's bike and suggestions for suitable clothing.

Bikeability is an important part of our commitment to promoting an active, healthy, and sustainable lifestyle.

Kind regards,

Sir William Burrough Primary School

Permission Slip – Bikeability (Monday 7th July - Friday 11th July)

Child's Name: _____

I give permission for my child to attend the Bikeability course **Monday 7th July to Friday 11th July**.

Signed: _____

Date: _____