



24th April 2019

Dear Parent/Guardian,

Opportunity for your child to receive Bikeability Cycle Training

Westende is planning to host Bikeability Cycle Training for Year 5 children in the Summer term, running from Tuesday 11th June – Friday 14th June inclusive.

Bikeability is the name for the new National Standard for Cycle Training which replaces the old Cycling Proficiency. It is designed to give children the skills and experience to cycle safely and confidently on today's roads and so the training takes place largely on the roads, with both the instructors and children on bikes.

The training is being promoted by Wokingham Borough Council and is being carried out by fully qualified Bikeability instructors, from a company called Cycle Experience, www.CycleExperience.com. This summer, the whole cost is being funded by Wokingham Borough Council, so there will be no cost to parents/guardians.

The training will take place in school hours over four days with each child spending 6.5hrs on the course.

On the first day, they will begin by covering Bikeability Level One which teaches/assesses basic skills such as starting, stopping, signalling and looking behind. Level One takes place on the school playground. Providing they have passed Level One, they will then be taken out on the Wokingham roads to practise Bikeability Level Two which covers road safety on quiet roads, demonstrating road position, looking, signalling and interaction with the traffic. Children are expected to attend all days of the course. An exception will be made for the children who are attending the tennis tournament on the Friday – they will have the same tuition time but over the first three days of the course. Details of the individual timetables will be issued close to the course date.

The children will be attending both the Level One and Level Two training courses and therefore, there will be an expectation that they can ride a bike already; being able to balance on their bike, look behind them without wobbling and hold a signal for three seconds.

At the end of the training course, they will either have achieved Bikeability Level One or Level Two. If they achieve Level One, you will receive a feedback form highlighting what your child did well and what they need further practice in to achieve Level Two at a later stage. On the very rare occasion where a child doesn't go out onto the road, they will receive a Pre-Level One attendance certificate and feedback form.

Your child will need to bring with them for all their course sessions:

A bike which is roadworthy (a bike check will be carried out on the first day and any bike which is not roadworthy will have to be fixed for your child to continue on the course. A bike check form is attached to help you ensure that your child's bike is in a roadworthy condition).

A bike which is the correct size (not too big and not too small).

A cycle helmet (which again must be of the correct size and fit properly).

A padlock (or equivalent) to secure the bike at school. Bikes should not be left overnight at school as unfortunately, in previous years, they have been taken from the playground.

In addition you will need to ensure that your child:

Has sufficient warm clothing as appropriate. Girls may prefer to wear PE shorts under skirts/dresses or trousers. High visibility tabards are provided.

Has some wet weather clothing e.g. a waterproof jacket as a minimum and preferably some overtrousers. The training will continue in light to moderate rain but will be suspended if there is a heavy downpour.

There is a limited number of places available (36 places) and if there are more applications than places, names will be drawn out of a hat.

Please complete and return the attached consent form to the School Office by **Tuesday 7th May**, at the latest, if you would like your child to receive this training. The Bike Safety Check Form can be used now and immediately before the course to check that the bike is roadworthy.

Kind regards,

Mrs Boylan