



19<sup>th</sup> September 2017

Dear Parent/Carer

### **Bikeability Training**

Your child has shown an interest in taking part in the nationally accredited Bikeability scheme running at their school.

The aim of the course is to learn road safety, basic road rules and skills including awareness of other traffic, positioning, signalling and turning.

The course will consist of two sessions of training during school time and is aimed at children who are already able to cycle reasonably well.

The first session will be in the playground where basic skills, bikes and helmets will be checked by the instructor before they will be allowed out onto the road. This will take place on Tuesday 26<sup>th</sup> September at 1.00 p.m. The second session will take place out on public roads in the vicinity of the school at a later date in the Spring term.

To get the best out of this course your child would benefit from getting some practise on a bicycle before the training starts at their school.

### **In order to take part in the course, your child will need:**

A roadworthy bicycle – see separate checklist – and a suitable helmet which fits them properly. A full face helmet is not recommended as hearing and vision can be restricted.

### **In addition please ensure your child is adequately equipped for whatever the weather that day:**

- A suitable Jacket or coat, and gloves
- Waterproof trousers (Advisable)
- A change of clothes
- Sun cream
- Water bottle

A consent form is attached to this letter, please complete and return it to your child's school.

Your child will need to take care bringing their bike to school, we advise them not to ride to school until they have attended the course.

For further information on the training programme please visit: [www.dft.gov.uk/bikeability/](http://www.dft.gov.uk/bikeability/)

If you have any questions, please do not hesitate to contact Emma Moore on 07769 323082.

Your instructors name is Emma Roberts.

Yours sincerely

*E Moore*

Mid Cornwall Sports Network

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