



# Joy Lane Primary School

*A Love of Learning, for Life, for All*

9<sup>th</sup> January 2019

Oyster Bay Nursery & Oysters SRP (ASD)

Executive Headteacher: Ms D J Hines

Head of School: Mr M Ashley-Jones

Dear Parents / Carers of Dali, Da Vinci and Dali Classes

## Joy Lane Primary School Bikeability Cycle Training



We are delighted to offer your child a place on a **Bikeability** cycle training course (to Level 2), at Joy Lane Primary School during the week commencing on Monday 25<sup>th</sup> February 2019.

Bikeability is a new and much-improved version of the classic Cycling Proficiency Test. The training will be delivered by Hot Chilli Cycles - a local Bikeability accredited scheme organisation ([www.hotchillicycles.co.uk](http://www.hotchillicycles.co.uk)). The course is partly funded by East Kent and Coastal Schools Games Partnership and Parents/Carers are asked to pay £10 towards the training costs.

The course begins on the Monday with a Bicycle Service to ensure the children's bikes are roadworthy and continues to include skills exercise games on the playground. This will then be followed by basic manoeuvres on local roads. Trainees will work in pairs/triples with one instructor for both of the two road sessions later in the week. Please note that this course is designed for children who can already ride a bicycle.

Please check the condition of your child's bike prior to the course.

Squeeze both tyres. If necessary inflate until they are hard.

Apply the front brake. It should stop the bike when pushed forward.

Apply the rear brake. It should stop the bike when pulled backwards.

The chain should move freely between the gears (on a bike with gears) and not jump off. It should be properly lubricated and not rusty.

Hold the front wheel between your legs and try to turn the handlebars. They should not move side to side.

Wheels, pedals and seat should be firmly secured.

When sat on the bike, your child should be on tip-toes. The seat should be at least at or below the maximum height mark.

If you are uncertain about making adjustments, your local bike shop will be happy to help.

Your child will need to bring in their helmet and gloves as we have a limited number of helmets and gloves to loan. Please also bring a rainproof coat and an appropriate change of clothes eg. cold weather PE kit.

You may wish to provide a lock and/or insurance if you intend to leave a bicycle on the School site for the week. Neither Joy Lane Primary School nor Hot Chilli Cycles provide insurance cover for unattended bicycles.

If you wish your child to take part, please complete the consent form below and return it to the school office **by Wednesday 30<sup>th</sup> January 2019. PLACES ARE LIMITED – FIRST COME FIRST SERVED BASIS!**

Yours sincerely

*M. Ashley-Jones*

Mr M. Ashley-Jones  
Head of School



# Joy Lane Primary School

*A Love of Learning, for Life, for All*

Oyster Bay Nursery & Oysters SRP (ASD)

Executive Headteacher: Ms D J Hines

Head of School: Mr M Ashley-Jones

## Bikeability Cycle Training: Consent Form

Please read and complete this form and return it to School Office by **Wednesday 30<sup>th</sup> January 2019**. Thank you.

Parent/Carer's name.....

Child's name..... Class: .....

I am the Parent or Carer of the above child and I give my consent for them to participate in the Bikeability Cycle Training provided at Joy Lane Primary School. I understand that:

1. Some of the training will take place in public spaces and on roads
2. Completion of training does not mean that it is safe for my child to cycle in all conditions. To become a proficient cyclist takes practice.
3. The instructor may, at any time, refuse to train my child if their behaviour or competence is deemed to be unsuitable.

I enclose a £10 contribution by cash or cheque towards the training costs (please make cheques payable to Joy Lane Primary School)

Signed Parent/Carer: .....

Print Name: .....

**Hot Chilli Cycles** sometimes take photographs of our training for publicity purposes. Please tick the box if you **do not** want your child to be photographed.