



**QUEEN BOUDICA**  
PRIMARY SCHOOL

24<sup>th</sup> January 2018

Dear **Year 5** Parents,

**Level 2 Bikeability Courses delivered by Freewheel Cycle Training on behalf of Essex County Council**

We are delighted to inform you that we have secured sufficient places for our entire year 5 cohort to take part in a Level 2 Bikeability course. This course will take place during the school day and will involve all of our year 5 pupils. The training consists of four sessions run over four half days. We have five courses reserved, running between 5<sup>th</sup> and 27<sup>th</sup> March.

**Group A**  
5<sup>th</sup> to 8<sup>th</sup> Mar

Group B  
5<sup>th</sup> to 8<sup>th</sup> Mar

**Group C**  
19<sup>th</sup> to 22<sup>nd</sup> Mar

Group D  
19<sup>th</sup> to 22<sup>nd</sup> Mar

**Group E**  
26<sup>th</sup> to 27<sup>th</sup> Mar

We will confirm which course your child will take part in nearer to the time. It is important that cyclists have a good understanding of the Highway Code. Participants will be given a copy of the children's version called '**Safer Cycling**' which we hope you and your child will find useful. Level 1 training takes place on the school playground during the first two sessions. If your child does not meet the Level 1 requirements, (ability to ride in a straight line whilst looking behind or signalling, a responsible attitude and good behaviour), they will not progress onto Level 2. Level 2 will then take place on local roads.

The parental consent form must be completed, signed by a parent and handed to the Instructor before the start of the course.

Your child will be trained by a qualified cycle Instructor, who holds an enhanced DBS.

Checklist for Cycle Training. (Please keep for reference)

1. A roadworthy bicycle – check tyres are fully pumped and two working brakes.(Cycles will be checked by Instructors pupils with unroadworthy cycles will not be able to continue )
2. An undamaged cycle helmet not full face – Please check this fits and straps are fully adjusted,
3. Asthma inhalers – If child requires one
4. Waterproofs – these may be carried in a small light rucksack. In some cases a bag can be borrowed.
5. If during sunny weather they should have sun cream which they can apply themselves.
6. Trousers with narrow bottoms or cycle clips or shorts during summer months.
7. Gloves, if during cold weather.
8. Trainers or flat soled shoes.
9. A drink if necessary - not in a glass bottle

**Level 1** of the scheme will take place in a non-traffic environment (e.g. playground)

**Level 2** training will take place on public roads, which have been risk assessed

**Please complete the attached Return Slip and Bike Safety Check forms and return them to school no later than 26<sup>th</sup> February 2018.**





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## Year 5 Bikeability Courses – Spring Term 2018 Return Slip

<b>Pupil's Name:</b>	<b>Date of Birth:</b>
<b>Class:</b>	<b>School:</b> Queen Boudica, Colchester

All training is supervised by qualified instructors and children will wear (supplied) hi-viz jackets. A high level of safe behaviour is expected of each child. Please read the statement below and complete the form to enable your child to take part.

**I give permission for my child to take part in the Bikeability Scheme as detailed on the 'Bikeability' letter dated 23<sup>rd</sup> January 2018. I agree that I will rectify any identified faults on my child's bike as quickly as possible and that the bike will be maintained in a safe condition. Failure to rectify identified faults may lead to my child being unable to complete the course. I will ensure my child has a cycle helmet to wear whilst on this course.**

**I understand that completing the course does not guarantee my child's safety and that it is only a beginning to safe cycling. I will supervise my child and ensure they practice what they have learnt on the course.**

<b>Signature of Parent / Carer:</b>	<b>Dated:</b>
<b>Contact Telephone Number:</b>	

Occasionally, photographs are taken of road safety activities for publications/promotion of the service. Please place a cross in the box if you DO NOT wish your child's image to be used. Names will not be publicised with images. Please note that Essex County Council does not have control of how images taken by the media are published.

<b><u>Please indicate if your child has any of the following...</u></b>			
A Hearing Impairment:	Yes / No	Glasses:	Yes / No
Asthma :	Yes / No	Epilepsy:	Yes / No
Diabetes :	Yes / No	A Statement:	Yes / No
Allergies: .....			
Does your child have any medical condition or any special needs that the instructors should be aware of?			

Please ensure that ALL forms are returned to the school office by Monday 26<sup>th</sup> February 2018

**Rear Brake:**

- Can the rider stop the bike quickly?
- Can the rider grasp the lever comfortably?
- Can the rider pull the lever easily?

**Front Brake:**

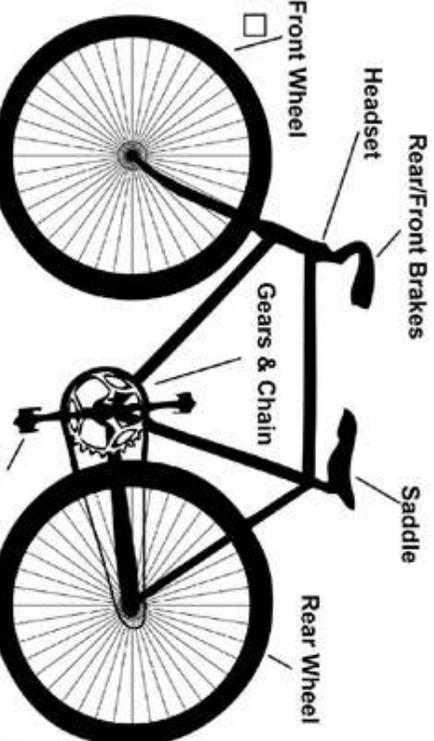
- Does it turn smoothly?
- Are the handlebars secure?
- Are they aligned with the front wheel?

**Headset:**

**Rear Wheel:**

- Is it secure in the frame?
- Does it rotate smoothly?
- Is the tyre inflated & puncture free?

**Front Wheel:**



- Is it secure in the forks?
- Does it rotate smoothly?
- Are all the spokes unbroken?
- Is the tyre inflated & puncture free?

**Saddle:**

- Is it secure?
- Does the saddle move up/down freely?

**Size:**

Can the rider sit on the saddle with the balls on their feet on the ground?

**Gears and chain:**

- Are the cranks secure?
- Do the cranks rotate freely?
- Is the chain lubricated?
- Do the gears work correctly?

**Pedals:**

- Are they secure?
- Can the rider reach the handlebars comfortably?
- Do they rotate freely?