

23rd January 2025

Dear Parents/Carers

We have enrolled for 'Bikeability' Training with Suffolk County Council and can offer Levels 1 and 2 of the National Standards of Cycling Course for our Year 5 pupil. The course will take place over six days. Group A on the 13th and 14th February, Group B on the 24th and 25th February and Group C on 26th and 27th February. The sessions will run between 10.00am and 12.00pm and 1.15pm and 3.15pm on each day.

Your child will be assessed as to their skills in an off road environment (level 1). Once the instructors are totally confident with your child's cycle skills they will then commence training on quiet local roads where your child will be instructed in all basic manoeuvres within level 2 of the National Standards of Cycling. For detailed information on the manoeuvres that your child will undertake please refer to <https://www.bikeability.org.uk/get-cycling/cycle-training-for-children/>

Your child will need a roadworthy cycle (please see attached sheet) and we ask that they wear a suitable cycle helmet. Please check the cycle prior to the course to ensure it fits your child correctly and is safe to ride.

Children do not need to wear school uniform but suitable clothing should be worn. This should be comfortable with narrow bottomed trousers (or cycle clips worn), trainers are ideal footwear for cycling. Training may take place in wet weather so a lightweight waterproof jacket may be advisable. Your child may need a lightweight rucksack for carrying items such as water bottle, healthy snacks, jacket etc.

Please note the course is designed to improve cycle control and to learn about riding on the road. The instructors do not teach your child to ride a bike; they teach them how to ride safely. Before the course, your child should be encouraged to practise riding smoothly, to stop using their brakes instead of their feet and, in a safe environment, to practice signalling.

If you wish your child to take part please complete and return the attached consent form.

Yours faithfully



Mrs S Baker
Headteacher



ELSA
NETWORK