



Riverside Primary School

Where everyone matters and every day counts

Ferry Road Hullbridge Hockley Essex SS5 6ND

Bikeability Consent Form - Level 1 & 2

Dear Parent/Guardian,

The year 5 children have the opportunity to participate in the Bikeability training with the Castle Point & Rochford School Sports Partnership,

The training will be undertaken through their school day in 2 groups

- Group 1 – 8th June to 11th June (9.30am to 11.30am)
- Group 2 – 15th June to 18th June (9.30am to 11.30am)

There is a limited number of spaces and therefore places will then be on a first come first served basis. In the event of oversubscription names will be put on the waiting list.

The course starts off-road, then if all outcomes are met, progresses to the local roads for Level 2. It helps children learn practical skills and understand how to cycle on today's roads.

Bikeability is the government's national cycle training programme. It gives everyone the confidence to cycle and enjoy this skill for life, however is not a guarantee of their safety.

What you need to know...

- To take part, your child needs to be able to ride, without stabilisers, pedal one handed in a straight line (both hands), look behind while riding
- Your child's bike needs to be in roadworthy condition and have two working brakes before rolling up for training. If it doesn't meet the roadworthy mark, our instructors might have to discontinue training (if your child does not have a bike but would like to take part, please ask your school to contact us about the possibility of a loan bike and helmet for the training)
- Instructors reserve the right to hit the brakes on training if your child's behaviour is not acceptable, or if their cycling skills aren't suitable. It's all about keeping the ride safe for everyone!
- Your child needs to be appropriately dressed for the weather and bring a snack and drink in a small rucksack
- You will need to provide your child with a helmet (not full face), which they must wear
- Instructors may adjust the helmet and/or bike if required

If you would like your child to take part, please click on the [LINK](#) to submit your child's details.

Kind regards

Year 5 team

Headteacher Mrs Claire Smith

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