



CANFORD HEATH INFANT and JUNIOR SCHOOLS

Learoyd Road, Canford Heath, Poole, BH17 8PJ
Telephone CHIS: 01202 380015 Telephone CHJS: 01202 676393
Email: chisoffice@teachpoole.com Email: chjsoffice@teachpoole.com
CEO: Mrs Kate Carter BA (Hons) PGCE NPQH
CHIS Headteacher: Mrs Laurin Palmer BA Ed (Hons)
CHJS Headteacher: Mr Mark Wilson B.ED (Hons)



TEACH Trust Poole

Trust Excellence Aspiration Collaboration Honesty

Article 29: Children have the right to develop their personality and talents to the full. Article 20: You have the right to be safe

26th March 2024

Bikeability Training Course: 22nd April 2024 to 25th April 2024

Dear Parent/Carer,

Cycling has proved to be a great success in recent times, so we are keen for our pupils to keep on cycling and, of course, to be safe when doing so. Bikeability is a government funded, road safety scheme for young cyclists and we have been fortunate in securing a free Bikeability Level 1&2 cycle training course at Canford Heath Junior School, for up to fifteen pupils, delivered by fully qualified Bikeability Instructors through BCP Council.

It is essential that, in agreeing to participate, your child will be expected to attend the **Monday after school session on the school site and then one other after school session (i.e. 2 sessions in total)** when a maximum of 5 participants at a time go out onto roads.

Please note that the second session is longer and finishes at 5.40pm and your child will only have to do one of them.

All training will take place after school:

Session 1: Mon. 22/4/24	And either: Tues. 23/4/24	Or: Wed. 24/4/24	Or: Thurs. 25/4/24
Start 3:10pm finish 5:10pm	Start 3:10 finish 5.40pm	Start 3:10 finish 5.40pm	Start 3:10 finish 5.40pm

Your child will need a roadworthy bike (see checklist overleaf) and fitting bike helmet to participate. Your child must already be able to ride their bike quite confidently, without wobbling, before the course starts to be able to quickly learn making hand signals and looking behind. **Children who do not reach the required level by the first session will not be able to progress onto the road.**

The deadline for applying for a place is Wednesday 17th April 2024 and places will be allocated on a 'first come' basis.

Your child will receive notification from me if they are successful in gaining a place, on which they will be given their second date. Please let me know if there is a day your child cannot do due to prior commitments, e.g. orchestra, otherwise it will be assumed that any day is acceptable.

Please read and sign the attached consent slip and return it to the school office, **in an envelope clearly marked 'BIKEABILITY'**. By signing and returning this slip, you are agreeing to the school passing your details on to the BCP instructors as proof of attendance on the course, and, if your child secures a place, it is essential that you provide your telephone number so that contact can be made with you in case of bad weather or in an emergency.

If you cannot make the allocated date for training, you can visit poole.gov.uk/streets-and-travel/cycling-and-walking/cycle-training for information regarding other Bikeability training courses.

The BCP cycle training team looks forward to providing your child with a fun and safe Bikeability course.

Yours sincerely,

Mrs D Lashley (PE & Sport Leader) on behalf of BCP Council cycle training

BCP Council Bikeability training consent form for week beginning 22nd April 2024

to be returned by Wednesday 17th April 2024

Full Name of Child (in capitals): _____

Emergency Contact number: _____

School: **Canford Heath Junior School**

School Year Group: 5 & 6

Medical Conditions or Educational Needs (e.g. asthma, allergies, learning needs, etc.)

- I will collect my child from school at 5.10 pm on Monday 22nd April and 5.40pm on their designated second day
 My child has permission to travel home unaccompanied following each training session

If you would prefer your child not to be photographed during the course, please tick here:

- I confirm that I have read all the information within and consent to my child (or the above child for whom I take responsibility) to take lessons in safe, effective cycling and related activities, which may include cycle maintenance as well as riding on the public highway and that my child can already cycle unaided for at least one minute without help or stabilisers.

Signed: _____ (parent/carer) Date: _____

Bike Check Notes

Parents should check their child's cycle before the start of the course. If, in the opinion of the instructor, the cycle is not roadworthy, pupils will not be allowed on the course. Faults are often easily put right but occasionally a new part is required. If in doubt, take it to a bike mechanic to be examined. We would therefore like to draw your attention to the following:

MECHANICAL CONDITION	Checked?
A mechanically sound bicycle is a safe cycle. Make sure that all parts are in good repair and there are no loose parts.	
WHEELS AND TYRES Tyres must be inflated to the correct pressure which is usually stamped into the moulding of the tyre wall. As on cars, worn tyres can cause punctures. Tyres must have a reasonable amount of tread and there should be no bald patches. The side walls should have no splits or bulges. Wheels should have no cracks or broken spokes; quick releases levers and bolts should be closed tightly.	
BRAKES Bikes must have two working brakes (front and back wheels) which must stop the bike. Brake blocks and cables should be in good condition and brake levers adjusted so that they can be operated with the minimum amount of pull. If the levers touch the handlebars in the 'on' position, the cables are too slack. Levers should be so placed that the child's fingers curve easily around them whilst the palm of the hand is on the grips. There is a variety of levers available, be sure that the ones fitted are suitable for your child.	
CHAIN Should be oiled, the correct size for the cycle and have no stiff links.	
SADDLE AND SEAT POST Saddle not loose, must be straight, roughly horizontal and at the correct height for the rider. Seat post not loose or over maximum limit.	
BEING SEEN It is important that both the bicycle and the rider can be seen by other road users. Bikes must always have at least a red rear reflector and if your child intends to ride in the dark or in poor weather conditions, then they must also have lights. The use of high visibility fluorescent and reflective garments is strongly recommended. During the on-road course, pupils will be provided with a fluorescent safety tabard.	
BELL We suggest that a bell or alternative warning device is fitted. The correct position is on the left of the handlebar within easy reach of the grip.	
HELMETS Helmets must conform to BS EN 1078:2097 or equivalent. It must fit and be correctly adjusted.	



Canford Heath Infant School

Canford Heath Junior School



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