

Dear Year 5 Parents,

2<sup>nd</sup> February 2021

On behalf of Cyclist Training Ltd and St Joseph's Preparatory, we wish to offer your child the chance to take part in Bikeability Level 2 cycle training on **Monday 22<sup>nd</sup> & Tuesday 23<sup>rd</sup> March 2021**. This is a valuable opportunity to learn about local road safety on foot and bike (school will advise which day nearer the time). **Participants must be able to ride**, all who take part receive a certificate / badge.

The course is delivered by Nationally Qualified Cycling Instructors on local school roads and has been revised in line with current Education and Government advice. Adhering to social distancing, Bikeability has always been an active, outside activity where pupils are on their own bikes, riding 2+ meters apart and for 80% of the time. Coaching will always be well spaced and in new 50% smaller groups of 3 riders per instructor (previously groups were up to 6 riders per instructor which we will only return to on the rare occasion both an instructor is unwell and a replacement unavailable).

Bikeability Level 2 is **FREE of Charge** and supports the ever increasing interest in cycling. Knowing how to cycle and walk safely also provides your child, with your permission, to enjoy an increased independence as they visit friends and transition to secondary school. Cycling also offers physical and mental health benefits, is an essential alternative to public transport, can reduce congestion around school and is always a popular leisure activity.

This is a national scheme funded by the Department for Transport and provided through Staffordshire County Council. Pupils will gain a comprehensive knowledge of positioning, signalling, negotiating a variety of junctions and general road safety awareness on local school roads.

**Participants require their own maintained bike** (a cycling safety helmet), signed parental consent and suitable outdoor clothing (e.g. warm/waterproof clothes & gloves in autumn/winter).

There are a limited number of places remaining so Parents/Carers **must complete the tear off slip below and return to school via e-mail ([hpickford@stjosephsprepschool.co.uk](mailto:hpickford@stjosephsprepschool.co.uk)) before TUESDAY 9TH FEBRUARY**

Yours sincerely

Liann Allpress, Cyclist Training Ltd

[www.cyclist-training.co.uk](http://www.cyclist-training.co.uk)



**St Joseph's Preparatory School – YEAR 5 BIKEABILITY LEVEL 2 PARENTAL CONSENT**

**Return consent to school office via email before TUESDAY 9TH FEBRUARY**

Pupils Name: \_\_\_\_\_ Class: \_\_\_\_\_

My child will provide a bike (**YES**) and helmet (**YES**) Signed: \_\_\_\_\_

May we use your child's image for CTL/Council website and social media? YES/NO

Please provide medical / allergy Information and details if your child is clinically vulnerable / at higher risk of severe illness from Covid-19 / lives with someone who is clinically vulnerable:

\_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Contact Number: \_\_\_\_\_

**CTL complies with GDPR and protects the personal information of individuals**

