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Dear Parents/Carers,

We are delighted to be running a Bikeability **level 3** course for children in **Year 6**. This is an exciting opportunity for your child to learn a skill for life and will help them to ride their bike safely and confidently. Further details are attached.

The course will be running on **Monday 21st and Tuesday 22nd of May**. If your child has a road worthy bike and helmet please bring this to school with you. We have a limited number of bikes and helmets within school for children to borrow.

In order to improve your child's cycling skills, we will need to run a Level 2 Refresher course, this is not paid for by the government, Avanti Cycling however part funds this course, but you are asked to make a contribution of **£15** per child for both days which can be paid through Parent Pay.

If your child has their own bike it would be helpful if they could bring it to school that day as we have a limited number of bikes at school for the children to use. Children may bring in their own helmet if they have one and the school will provide helmets for any child who does not own one.

Yours Sincerely,


Mrs Bembridge



Dear Parent

- Has your child had Bikeability **Level 2** training?
- Do you wish your child to understand about main roads and be able to make more complex decisions whilst cycling?
- Do you want your child to practise riding to secondary school?

Then Bikeability Level 3 is the training your child needs*

The school Level 1 & 2 course we provide trains your child to interact with traffic and gives him or her the responsibility to make decisions whilst cycling; it is a great introduction to on-road cycling.

However, it is only an initial understanding. We can develop your child's cycling road sense a lot more. The Government understands this and now subsidises Bikeability **Level 3** training.

Remember, Bikeability is delivered by professional instructors who are highly trained and regularly monitored by us. They deliver high quality cycle training that teaches the trainees skills that they will be able to use for life.

High quality cycle training has proven benefits in road safety and encouraging participants to travel in a more sustainable manner. This provides all round advantages to the children, not only in cycling to school, but also in their everyday lives. It also affords them the following advantages:

- 1. Learning real-life skills to use every day*
- 2. Provides the confidence to make their own decisions*
- 3. Better health and fitness*
- 4. An active child has demonstrable improvements to attention span and learning ability at school*
- 5. Clear access to the benefits of exercise, healthy living and sustainability*
- 6. Incorporation of school learning programmes into a practical environment*

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Each **Level 2R / 3** course:

1. Lasts two school days
2. Level 3 operates at a ratio of 1 to 3 providing individual training and development
3. Delivers cycling skills on larger roads and more complex road features
4. Trains your child to interact with heavier traffic ideal for the journey to secondary school
5. We will show them good cycling routes to town and secondary school

Please note that your child will need a roadworthy bike; we recommend AW Cycles at 110 Henley Road, Caversham, RG4 6DH who will be able to help check your child's bike free of charge.

If you have any queries, please contact Greg Woodford, the programme manager, at greg@avanticycling.co.uk



Bikeability Level 3 consent form.

Bikeability is the nationally accredited cycle training scheme. It takes place primarily on the road and in trafficked conditions. It is designed to provide trainees with the necessary skills to ride in today's traffic. The course is continually updated and reviewed.

Level 3: Gives the trainee the cycling skills necessary to deal with more challenging types of road conditions, such as busy roads, multiple lanes, traffic light junctions and roundabouts.

Course

The Avanti Cycling **Level 3** course is one school day long, well above the average length of Level 3 courses around the country, and allows the instructors to engage with the participant and really encourage them to ride their bikes. It is completely free*

Trainee

If attending a **Level 3** course, the trainee must be Year Six and over and have passed the Bikeability Level 2 course. If he or she has not achieved the Level 2 standard recently they will be required to attend a Level 2 Refresher course* The instructor reserves the right to terminate the training or only pass at Level 2 if the participant is not deemed to be appropriately competent.

* The Level 2 Refresher Course is not funded centrally; Avanti Cycling part-funds it and you may be required to contribute towards the cost.

Equipment

The trainee should arrive at the training session with appropriate clothing. This includes gloves and waterproofs in winter and sun cream and water in summer.

The trainee must bring a checked and safe bike. The instructor is trained to check bikes, if it is deemed unsafe then the trainee may not be able to participate. Principal areas to check on the bike are:

1. Tyres; must not be too worn and the underlying thread must not be visible
2. Brakes; must stop the bike well and the trainee must be able to operate them both
3. Gears; must be operative
4. Fit; the bike must be the correct size.

The trainee must have a helmet that fits and is not damaged. Please note that if the trainee arrives without a helmet or if the helmet is deemed unsafe by the instructor the trainee may not be able to participate. Full face helmets or helmets covering the ears or eyes are not allowed. If necessary, please tie your child's hair in a low pony tail so that it does not interfere with the fitting of the helmet.

I have read and understood the course conditions

Trainee name:

Please identify any medical or behavioural issues that the instructor should know about. Please note that the course will be held in trafficked conditions and any problematic behaviour will affect the outcomes of the course

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Signature:

Relationship details: