

Wednesday 24<sup>th</sup> May



Dear Parent/Carer

## Essex National Standards Cyclist Training Scheme

The Essex National Standards Cyclist Training Scheme offers training for children towards achieving Level 2 Bikeability. They must be at least ten years of age. Participants should have some basic cycling skills before they join the course and these will be assessed during lesson 1 which is completed off road (such as changing direction, being able to look all around, and controlling the bike with one hand). The course aims to develop a logical procedure to cope with traffic with the minimum risk. It will only give your child a basic level of cycling competence on which they will need to build and should not be regarded as a guarantee of their safety.

Children who are offered a place on the course are expected to attend every lesson as the number of places are limited. The lessons will start in September, taking place during the school day and will consist of 2 morning sessions and 2 afternoon sessions. This training is provided free of charge.

It is essential that the children wear a well-fitting cycle helmet (not a full face helmet), that the bicycle is a suitable size and that it is maintained by you in a roadworthy condition throughout the course. A thorough cycle inspection takes place during the first lesson and the results will be sent home. If the bike does not pass this inspection, they will not be able to continue, although we will do our best to fit them back in during a later session.

Your child will be continually assessed and will graduate from the course as they reach the required standard.

In order for us to allocate places and finalise numbers, please complete and return the form below by Wednesday 12<sup>th</sup> July. You will receive the dates and times of the sessions at the beginning of September.

Yours faithfully

Russell Pryke  
Deputy Head

**FAO: Mr Pryke**

Child's Name.....

Class.....

Please tick as appropriate:

I would like to put my child's name forward for the cyclist training scheme.

I would **not** like to put my child's name forward for the cyclist training scheme.

Signed.....

Date.....