



West Norwich & Dereham SSP

Dear Parent/Carer

FREE Level 1 & 2 Bikeability Cycle Training Course

On behalf of the West Norwich & Dereham School Sport Partnership (SSP) I would like to invite your child to take part in a FREE Bikeability Cycling Level 1&2 Training course.

Bikeability is the modern day cycle training based on the Government approved National Standards. It teaches young people the necessary skills to ride confidently and safely on today's roads.

We would like to offer your child the opportunity to take part in Level 1 & 2 training. At Level 1 pupils learn to control and master their bikes in a space away from traffic on the school site. Level 2 training takes place on local roads, giving pupils a real life cycling experience where they learn how to deal with traffic on short journeys such as cycling to school.

All training will be delivered on our behalf by our Bikeability delivery partner Pedal Power

By providing this training to pupils we hope that your child will not only build their skills and knowledge of how to safely cycle on the roads but will also encourage them to be more physically active, boost their self esteem and independence.

In order for your child to undertake the training please could you complete the attached consent form and return it to **their class teacher** by **22nd November 2019**

On the day of the training your child will need to bring their bike and a cycle helmet to school. Please could I ask that you check prior to the training that their bike is roadworthy, has two working brakes and that the helmet fits them. Pupils should also bring suitable clothing for the weather conditions on the day.

Parental Consent Form

Pupil name..... Class

I give permission for my child to take part in Bikeability cycle training which will be held on both the school site and local roads.

Medical Conditions

Please outline any medical conditions which might affect your child participating in the training.

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Parent/carers consent

Parent/carers name..... Date.....

Signed.....