



Queen Eleanor's Church of England Junior School  
*An Academy in the Good Shepherd Trust\**  
Queen Eleanor's Road, Onslow Village, Guildford, GU2 7SD  
Tel: 01483 561323  
e-mail: [office@queeneleanors.goodshepherdtrust.org.uk](mailto:office@queeneleanors.goodshepherdtrust.org.uk)



Headteacher: Roger Blackburn

20<sup>th</sup> September 2017

Dear Parents/Carers,

## **Bikeability Level 1 (Year 5)**

**Wednesday 1<sup>st</sup>, Thursday 2<sup>nd</sup>  
or  
Friday 3<sup>rd</sup> November 2017**

Please find attached to this letter, details of the Bikeability Level 1 Course offered to Year 5 cyclists during school time.

There are courses available on the above dates. Each course is for a maximum of 30 trainees and runs from 9.00am to 12.15pm. The cost of this course is £15.00, however there is a reduced cost of £5.50 if your child receives free school meals.

If you would like your child to take part please complete the reply slip and return it to school in a sealed envelope, together with £15.00/£5.50 to cover the cost of the course. Please make cheques payable to 'Queen Eleanor's School Fund'. **All forms and payments must be received by Wednesday 4<sup>th</sup> October.**

Places will be allocated on a first come, first served basis. Although we cannot guarantee which course your child enrolls on, if you have a preference for the day your child does the course, please indicate on the slip attached. If your child has a music lesson, dentist appointment, or other similar activity during the day, please also make a note of the details on the slip attached.

Although the whole of this course takes place on the school playground, bicycles need to be in a roadworthy condition, so please find attached a bike check sheet. The bicycles should be stored in the bike rack at the front of the school on the day of the course.

**While there is no legal requirement for the children to wear a helmet, we strongly recommend that they do so.**

You may wish to send in a tracksuit or similar and appropriate outdoor clothing (including a waterproof jacket) for your child to change into for the course.

As soon as the courses are confirmed we will send out details of course allocations.

Yours sincerely,

Roger Blackburn  
Headteacher

[www.queen-eleanors.surrey.sch.uk](http://www.queen-eleanors.surrey.sch.uk)



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### **Bikeability Level 1 (Year 5) – Reply Slip**

Child's name	
Class	
I enclose £15.00 to cover the cost of the course (cash or cheque payable to 'Queen Eleanor's School Fund')	
My child is entitled to free school meals and I enclose £5.50 to cover the cost of the course (cash or cheque payable to 'Queen Eleanor's School Fund')	
I have paid via ParentPay	
Choice of date:	
Wednesday 1 <sup>st</sup> November	
Thursday 2 <sup>nd</sup> November	
Friday 3 <sup>rd</sup> November	
No preference	
My child has the following prior appointments:	
Signed:	Date:

**To be returned by Wednesday 4<sup>th</sup> October**

[www.queen-eleanors.surrey.sch.uk](http://www.queen-eleanors.surrey.sch.uk)

\*a charity exempt from registration and a company limited by guarantee no. [8366199](https://www.gov.uk/charity-companies)  
The Education Centre, The Cathedral, Guildford, Surrey GU2 7UP

## **IMPORTANT INFORMATION FOR PARENTS 2017/18**

**Bikeability Level 1 Cycle Training** is an off road course and is suitable for those who have just learned to ride and no longer use stabilisers. Our instructors develop road cycling and safety skills through explanation, demonstration and practical exercises off road in preparation for our Bikeability Level 2 on road training.

The course covers:

- Checking your bike and understanding the need of safety equipment and clothing
- Getting on and off a bike safely without help
- Start cycling, peddling and stopping without help
- Ride along without help for roughly one minute or more
- Make the bike go where they want
- Using gears (where present)
- Stop quickly with control
- Manoeuvre safely to avoid objects
- Look all around, including behind, without loss of control
- Control the bike with one hand
- Snaking practice in preparation for Bikeability Level 2

The training takes place in a traffic-free area, usually the school playground, and the exercises are designed to improve your child's balance and control skills. **Please note that this course is not suitable for non riders.** If your child is unable to ride a bicycle, then we can offer individual training. Please ask the school office for the Bikeability Team contact details.

If your child has any special needs and you feel that they would benefit from using an adapted bike please contact the charity 'Surrey Wheels For All' ([matthew.Wing@cyclimg.org.uk](mailto:matthew.Wing@cyclimg.org.uk)) who may be able to assist in the provision of an adapted bicycle. Please be assured, that any information is treated in the strictest of confidence.

The instructors are accredited to the National Standard for Cycle Training, are trained in basic first aid and have DBS clearance.

At the end of the course, your child will receive a certificate showing which skills they have successfully demonstrated.

Bikes must be in a mechanically safe condition; ***please check your child's bike as we cannot make repairs.*** BMX bikes are allowed but both brakes must be fitted.

**Weather conditions** : Please make sure your child is properly dressed for the weather. We will aim to continue training in most weathers where safe to do so.

### **Conditions**

1. If a trainee's behaviour endangers the safety of themselves or others, they will not be able to continue the course.
2. A helmet will cushion a blow to the head within the limits of its design standard. We very strongly recommend that your child wears a helmet. Please also check to see if your school has rules about wearing helmets.
3. Requests for a refund will be treated on an individual basis. We will not make refunds in the case of poor behaviour leading to removal from the course.