



Spalding Parish Church of England Day School

11th October 2023

Dear Parent / Carer

Bikeability Level 1 and 2 Cycle Training

We are very excited to share that a Level 1 and 2 on-road cycling courses will be held at SPCEDS in January 2024 (from Monday 15th January to Thursday 18th January) for children in Year 5 and 6. The course will include the Highway Code theory and skills exercise on the playground. This will be followed by basic manoeuvres/signalling on local roads for those who have reached the required standard of cycle control.

Children will need a roadworthy cycle with working front and back brakes and fully inflated tyres, their own correctly fitted cycle helmet and will have to attend each of the four days of the course. For more information regarding checking your child's cycle is roadworthy or how to fit a helmet please see the pre-course information provided. If the cycle is not safe or is the incorrect size, your child will not be allowed to complete the course. Cycles need not be new, but they must be in a good condition. If you are unsure about the condition of your child's cycle, Halfords offer free cycle MOTs – more information can be found online.

Please note that the course is designed to improve cycle control, not teach children to ride. Children should therefore be encouraged to ride beforehand, especially signalling and looking behind. Places on this course are limited due to available instructors and safety procedures which need to be adhered to whilst riding on the road. If your child has already completed the course, they do not need to do so again.

If you would like your child to take part in the training, please complete the slip on the attached flyer and return it to school **by Friday 13th October**. Places are limited, so should we have more children wanting to take part, names will be drawn "out of a hat" and places allocated in that way. You will be informed in the following weeks as to whether your child will be taking part in the course. If you have any questions or require further information, please do not hesitate to get in contact.

Yours sincerely

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PE Subject Lead



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