

Bikeability – Cycling Proficiency for Form VI

Dear Parents,

I am pleased to write to you with details of the Form VI Bikeability course which we are providing for the Form VI class which is being held here at school from Monday 3rd June - Thursday 6th June 2019.

We are pleased to welcome back Ridingabike, a company specialising in Bikeability courses. They have conducted a successful programme at St Hilda's in the last few years which has enabled the girls to gain significant levels of confidence and enhanced road safety.

During the week the girls will aim to complete two levels of cycling, aiming to develop their confidence and their safety awareness.

Firstly you need to ensure that your child's bike is roadworthy. During Level 1 Bikeability they will be shown what to look out for and simple maintenance. The instructors reserve the right to refuse to take out any child whose cycle is not the correct size or is considered un-roadworthy.

The girls should bring a cycle helmet and their bike with them to school on Monday 3rd June. All bikes will be stored on the tennis court and the outdoor classroom for the duration of the course, so they do not have to be taken home each night. Please ensure that a padlock is brought in to secure your daughter's bike.

Also attached is a copy of the Junior Highway Code and a multi choice questionnaire for your child to complete and bring along to the first session. Alternatively, the quiz may be tackled online at www.bit.ly/rabquiz. The girls will find out their score on completing the final question.

It is important that your child is dressed appropriately, for the training sessions are rarely cancelled because of rain or cold. You might want to ensure that your daughter has waterproof clothing with them. Don't forget about a properly fitted cycle helmet and ensure that your daughter is wearing shoes with a closed heel and toe. Hi-vis vests will be provided for each child during the training sessions.

Once your child has completed the course they will receive a certificate confirming their level of achievement.

The cost of this course will be £45, which will be added to your daughter's account. **Please give your consent for your daughter to take part by Friday 10th May via the following link: www.bit.ly/l2consent** If you are unable to click on this link could you please copy and paste into your browser.

Please see the attached guidance on the correct size of helmet and how the course will be administered.

I hope that all the girls will enjoy the week and gain a lot from it, most of all another life skill.

With best wishes

Mr Sayers

Mr Dan Sayers
Headmaster