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Headteacher: Mr S. P. Bate B Ed (Hons), NPQH
Chair of Governors: Mr R. H. Sperr



15th May 2026

Dear Parent/Carer,

Re: Bikeability Cycle Training for Children in Year 5
Monday 6th & Tuesday 7th July 2026

Your child will soon be taking part in the Bikeability cycle training course at the academy which is delivered by Lincs Inspire's Sports Development. The course runs over two consecutive days. Bikeability is a national cycling training scheme and is designed to give children the skills and confidence to cycle on today's roads. Please note the following information:

Cost

There is a cost involved but the academy will pay this for children who take part and behave responsibly. We have been informed that there is a £56 cancellation fee for children who sign up for the course and then decide not to take part. This will be passed on to parents unless their child is unable to take part due to illness.

Attendance

The course delivery is a minimum of 8 hours delivery and all pupils must attend for both days unless they are returned to school by an instructor. Failure to attend in full will result in that individual not passing the course as they will not have met the minimum delivery time and will not have undertaken all of the outcomes.

Roadworthy Bikes

It is the responsibility of parents or guardians to ensure that their child's bike is in a roadworthy condition.

For the pupil's safety, children whose bikes are not roadworthy will not be allowed to take part in the course. The following maintenance checks should be carried out to ensure your child's bike is in a roadworthy condition:

1. The tyres on the bike are pumped up without punctures or tears.
2. The bike has both a working front AND back brake. The wheels should spin freely and stop quickly when brakes are applied.
3. The handlebars should be firmly fixed to the stem and not move whilst riding.

For more information visit: <https://www.halfords.com/cycling/bike-maintenance/free-bike-check/free-bike-check-605064.html> All bikes will be safety checked prior to the course commencing and children will be taught how to safety check their own bikes. However, only minor adjustments can be made by the instructors delivering the course.



Riding Ability

Children must be able to ride a bike unaided by an adult or stabilisers. It is not possible for instructors to spend time teaching a child to ride their bike from scratch.

Clothing and Footwear

Children should wear comfortable clothing as they will be cycling for the majority of their time on the course. Children can wear trousers or jogging bottoms along with their academy sweatshirt/fleece and should have a waterproof coat. Footwear should be appropriate; strong flat shoes or trainers.

The Course

The course will take place in 2 levels. Level 1 will take place on the school playground. Level 2 will take place on quiet roads local to the school. Occasionally it may be that roads slightly further afield have to be used. In the event of this happening a risk assessment and a route assessment will be carried out by the instructors and children will be escorted safely to the alternative venue. During the last session of the course, children are often taken on a 'ride around' to practice the skills and apply the knowledge gathered over the previous sessions in a realistic environment. This is fully risk and route assessed beforehand and the school is informed of all routes used.

Hi – Vis Vests & Helmets

Hi Vis Vests must be worn for the duration of the course and these will be supplied by Sports Development during delivery. Helmets **must** be worn for the duration of the course. The helmet must be well fitting and undamaged.

Right to Exclude Children from the Course

Lincs Inspire Sports Development reserve the right to exclude a child from their training course if:

- 1. Their bike is unroadworthy and a replacement bike has not been organised*
- 2. A completed consent form has not been returned*
- 3. Suitable clothing or footwear is not available to a child in conditions where this could be dangerous*
- 4. Any other decision made by the trainer based on the ability or behaviour of the child to safely participate in the training*

Please complete the slip overleaf and return it by no later than 19th June 2025 if you are happy for your child to take part. PLEASE ALSO CLICK ON THE LINK BELOW TO COMPLETE THE ONLINE BIKEABILITY FORM. PUPILS WILL NOT BE ABLE TO ATTEND WITHOUT BOTH THE PAPER AND ONLINE FORM BEING COMPLETED:

<https://consent.bikeability.org.uk/occur-truth-ship>

We are sure you will agree this course is beneficial to all of the children. If you need any further assistance or advice, please do not hesitate to contact us.

Yours sincerely,

Mr S Bate
Headteacher

Bikeability Cycle Training for all Children in Year 5
July 2026

Can your child ride a bike without the aid of stabilisers?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Does your child have their own bike for the training?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Is your child's bike in a suitable roadworthy condition as set out above?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Does your child have their own cycle helmet?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Does this helmet meet the requirements as set out above?	YES <input type="checkbox"/>	NO <input type="checkbox"/>

Name of child: Class:

Signed person with parental responsibility:

Print name:

Relationship to child: Date: