



St Michael and St Martin Catholic Primary School

Belgrave Road, Hounslow, Middlesex TW4 7AG

Headteacher : Mrs N Duggan
Deputy Headteacher : Mrs S Bell
Chair of Governors : Mr Paul Lemaire



Learning our faith, Living our faith, Loving our faith

23rd February 2024

Dear Parent/Carer



We have arranged for cycle trainers to visit our school and provide an opportunity for children to participate on a bikeability course. Children must be able to ride and control a bike well to attend. Ideally children should supply their own bike and helmet, although we can supply a bike if need be (dependent on availability of bikes).

You can apply for a space by completing and returning the attached consent form.

Dates your child needs to bring their bike and helmet into school are as follows:

6C – 4th – 8th March 2024
6L – 11th – 15th March 2024

You will notified which week your child will be attending.

It is important for your child's bike to be in a good roadworthy condition, and the right size for them to cycle comfortably. At the beginning of the first lesson the instructors will check the condition of the bike, and make minor adjustments if necessary. If the bike is in poor condition, and deemed to be unsafe to cycle, your child will not be permitted to continue the course (unless a replacement loan bike is available to use).

The training programme is progressive, and your child is expected to attend every day; the training session is usually 90 minutes daily. If a lesson is missed it is in the trainers discretion to accept your child on further lessons. The first days training enables children to demonstrate their bike handling skills; children who can demonstrate they can cycle confidently will be invited to progress on road for the subsequent sessions.

Attached is a guide to checking your child's bike, and recommended clothing.

Bikeability is an important part of our program as an active healthy and sustainable school. In order to keep both trainer and riders safe, and prevent the spread of coronavirus, your child must not attend the session if he or she presents Covid-19 symptoms, or has a positive lateral flow result.

Yours sincerely

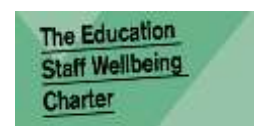
Mrs N Duggan
Headteacher

Telephone number : 020 8572 9658 Fax : 020 8572 1982

e-mail : office@stmichaelc.hounslow.sch.uk

www.stmichaelandstmartin.co.uk

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Consent Form for schools course

Your child will be taking part on an on road cycling course. This form must be completed and given to Cycling Instructor Ltd before they can take part in the training

I (name of parent or guardian): (Please Print)

Consent that my child can take part in a cycle training course

Name of Child:
(PLEASE PRINT)

Gender: Male / Female

Year Group:

Receipt of Pupil Premium Yes / No

My child has a bike to use for the course: Yes / No (circle)

Ethnicity: (circle) White British; White Irish; White Other; Mixed Race White & Black Caribbean;

Mixed Race White & Black African; Mixed Race White & Asian; Mixed Race Other; Asian/Asian British Indian;

Asian/Asian British Pakistani; Asian/Asian British Bangladeshi; Asian/Asian British Other;

Black/Black British Caribbean; Black/Black British African; Black/Black British Other; Chinese;

Other; Prefer not to say

My child WILL wear a helmet, supplied by me. It is compulsory to wear a helmet to participate on the course.

Exemption (circle) An exemption to the wearing of helmets can be granted if your child's head wear prevents the fitting of a helmet. Please indicate if you wish for your child to be exempt from wearing a helmet.

Medical or Behavioural conditions that the Instructors should be aware of:



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I agree that:

- Where I supply a bicycle for my child I must make sure, it is roadworthy. If I am not sure about this, I should take it to a bike shop. The Instructor may make adjustments and repairs to my child's bike if the instructor believes that there is a problem.
- Cycling Instructor Ltd will not be held liable for any injury, which is established, may have been prevented or caused by the wearing or not of a helmet. The instructor will advise on the fit of a helmet, but will not necessarily be able to judge from its appearance if it is in good condition.
- I will tell Cycling Instructor Ltd about any medical condition my child has which may affect the training course.
- By the very nature of outdoor activities it may be necessary for staff to physically interact with children, eg, help fit helmets & hi-viz vests, to prevent a fall or administer first aid. This is in the interests of your child's safety.
- Having taken a cycling lesson does not mean that it is safe for my child to cycle or fix a bicycle in all circumstances. To become a proficient cyclist or mechanic takes more practice than lessons of this kind can provide.
- Cycling Instructor Ltd is not responsible for any injury, loss or damage not caused by an instructor, or which happens outside these lessons, including journeys to and from school.
- My child may be photographed during this course and the image could be used in publicity for Cycling Instructor Ltd and the funding organisation.
- Cycling Instructor Ltd only holds data which you have provided. The data is required in case we need to contact you in the case of an emergency. We only provide statistical data to the council and TFL, who pay for this service, We do not send any personal data to these organisations. We hold your data for a year and then delete it
- I should think about personal accident insurance for my child.
- Training takes place on road.

Signed :

Date :

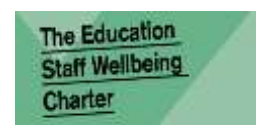
Emergency Telephone number:

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How to check your bike

To see if there are any problems with your bike check the following items. Using this M Check will ensure that you do not miss any items.

Start at the front, Point A and work your way to B, C, and D to E at the back of the bike.



Front wheel: Check to see if:

- Quick-release or wheel-nuts loose.
- Hub bearings loose or binding.
- Spokes loose, broken or missing

Front Tyre: Check to see if

- Under-inflated /punctured
- Worn or cracked

Front brake: check to see if

- Front wheel locks when the brake lever is pulled
- Brake pads rubbing tyre or wheel rim
- Brake pads missing

Headset and handlebars: check to see if

- The forks are damaged
- Headset loose
- Handlebars are not clamped tightly

How to check your bike

- **Frame:** check to see if:
- Frame not bent or damaged

Pto / ...

Crank and Front gear: check to see if

- Gear moves the chain from one sprocket to another
- Sprocket not bent
- Crank shaft not loose
- Pedals not loose

Seat and seat post: check to see if:

- Saddle does not move
- Seat post does not move

Rear Brake: Check as for front brake

Rear wheel: check as for front wheel

Rear tyre: check as for front tyre

Rear gear: check as for front gear

What to wear

It is important that your child wear the correct clothes for cycling. Clothes should be comfortable. Your child should wear

- Cycle Helmet
- Shoes or trainers
- Gloves if it is cold
- Coat if it is cold
- Socks to keep their feet warm and to tuck the bottoms of their trousers into
- Girls should wear trousers.

A helmet must adhere to the relevant CE standards and be fitted properly



Cycling Instructor Ltd

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