



# Ryecroft C.E. Middle School

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Ryecroft C.E. Middle School  
Ashbourne Road  
Rocester  
Staffordshire  
ST14 5PB



Dear Parent / Carer

2<sup>nd</sup> May 2023

## Year 7 - Bikeability Level 2 Training

Cyclist Training Ltd are providing Year 7 students the opportunity to take part in Bikeability Training. This training will take place on **Wednesday 21<sup>st</sup> or Thursday 22<sup>nd</sup> June 2023**. The training will take place within the school day and will be provided by experienced trainers who coach young people in vital skills that will stay with them for life. Level 3 is taught in small groups (1 instructor to 3 riders) and is tailored to individual needs.

Bikeability Level 3 is a **FREE** national scheme funded by the Department for Transport and provided through Staffordshire County Council. Expert instructors teach students how to **use the best riding position** for any situation, **ride alongside** other cyclists, **ride and negotiate more complex local roads** (for example, junctions controlled by traffic lights, multi-lane roads or cycle lanes). Students also learn how to **respond confidently** when a situation changes. For example, when a vehicle pulls out in front of you. Sessions are a maximum of 2.5 hours long and they will receive a certificate and badge.

For further information check out the websites: [www.cyclist-training.co.uk](http://www.cyclist-training.co.uk) or [www.bikeability.org.uk](http://www.bikeability.org.uk)

Knowing how to cycle safely provides an increased independence too as they visit friends and cycle to school or clubs. Cycling also offers physical and mental health benefits, is an essential alternative to public transport, reduces congestion and is always a popular leisure activity.

Students **must be able to ride** to take part. They also **need their own roadworthy bike** (we strongly recommend a helmet), signed parental consent and PE kit clothing (waterproof coat or sunblock subject to conditions). **Parental permission must be given if no helmet is being worn**. Bicycles need to be in a road-worthy condition for this course which means a front and back working brake. Ideally please also check tyres have enough air, oil the chain, ensure handlebars are fixed on tight and your child's seat is secure and pointing forward ([www.bikeability.org.uk](http://www.bikeability.org.uk))

### To take part on these courses, your child requires;

- It is preferred that your child uses their own bike for the required session – Please ensure that the bike is in good condition. If you would like your child to borrow a bike and/or helmet from school, please enter it on the consent form.
- A completed and signed online parental consent form.
- Students are required to wear their school PE kit for the day. Your child can come to school on the required day wearing their PE kit, however, due to the changeable weather, could your child also bring a change of suitable clothing with them and depending on the weather a coat, gloves and sun cream may also be required.

### UTTOXETER LEARNING TRUST

Part of the Uttoxeter Learning Trust

Company Number:

Registered Office Address:

Uttoxeter Learning  
Thomas Alleyne's High  
Dove Bank, Uttoxeter,  
ST14 8DU  
T: 01889 561820



**Staffordshire County Council strongly recommends that a correctly fitted cycle helmet should be worn by all students participating in the Bikeability training.**

If you would like your child to take part in this valuable training, could you please complete the online consent form, under the following link **no later than Friday 12<sup>th</sup> May 2023**:

<https://forms.office.com/e/Tb0kaWp2Fh>

If you would like any further information regarding the above, please do not hesitate to email me on [nbannister@ryecroft.staffs.sch.uk](mailto:nbannister@ryecroft.staffs.sch.uk) .

Yours sincerely



**Mrs N Bannister**  
**Lead for PE**

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