



“BIKEABILITY” CYCLE TRAINING



The school is pleased to offer your child a place on a “Bikeability” road cycling training course. The skills that the children learn will last a lifetime, and include not just riding ability but also self-reliance, decision-making and how to keep fit and healthy.

The course of four 2-hour sessions is run by qualified Cycle Trainers, and will be held between **Monday 26th February and Thursday 1st March 2018** at a cost of **£10.00 per child**.

Trainees must already be able to ride and control their bikes. Session 1 takes place on the playground and activities are used to teach basic bike skills such as looking behind and signalling. The children then progress to following a planned route around roads near the school. Here they will watch, discuss, then practice a variety of cycling manoeuvres using different road situations. All sessions must be attended because the skills build up gradually.

Sessions are very interactive and enjoyable, and each child is able to achieve their own best level. Children who complete the full course may then ride to school after the agreement of their families and the school.

Trainees will need to bring a correctly-sized well-maintained bike, preferably with gears. **Please check your bike against the roadworthiness checklist before the course, and wear clothing suitable for the weather each day.**

If trainees do not own a suitable bike but wish to take part, these can be hired at an additional cost of £5.00 per child for the week.

PLEASE SIGN AND RETURN THE ENCLOSED CONSENT FORM WITH PAYMENT AS SOON AS POSSIBLE:

The Vale Academy will be processing these payments on behalf of Central Beds Cycle for Life therefore **cheques should be made payable to The Shared Learning Trust** (all monies paid are charged by Central Beds Cycle for Life and The Vale Academy is not in receipt of any payments). If you wish your child to take part, **please complete the consent form and return it with £10.00 payment to Sharnie in the dining hall between 8:35am and 9:15am.**

Cycle Training is also available for people of any age and ability, from complete beginners to experts, just ask for details.

Yours sincerely,

Dave Bembridge
Cycle4Life

Mr Henderson
The Vale Academy
01582 211150



Cycle4LIFE

Cycle Training For Life!

Registered Bikeability Trainers
British Cycling Level 2 Coaches
CTC Mountain Bike Leaders

into@cycle4life.org