

Parent Permission Slip

Please complete and return to school. The Instructor must be in possession of the completed slip **BEFORE** your child may take part in any on-road cycle training.

PLEASE COMPLETE IN BLOCK CAPITALS

Child's full name

Age.....

Date of birth.....

School.....

Home address*.....

Telephone number*.....

(*Please note: We need this information in particular where training takes place outside school hours, so that we may contact you quickly in an emergency)

Does your child suffer from any medical condition and/or disability which may affect his/her safety whilst taking part in the training?

If yes, please state, e.g. deafness, epilepsy etc.

.....
.....

Declaration:

I allow my child named above to undertake Herefordshire Council's Bikeability Cycle Training. I undertake to ensure that my child's cycle is in a roadworthy condition and understand that I must provide an approved cycle helmet for my child.

I declare that I have read and agree to abide by the conditions contained in the accompanying letter.

Signed.....Parent/Guardian

Dear Parent/Guardian

HEREFORDSHIRE COUNCIL BIKEABILITY CYCLE TRAINING

Please find details of the above scheme below. If you would like your child to take part please fill in and return the attached permission slip to your school.

The training, which takes at least five hours, is carried out by Bikeability-trained Instructors employed by Herefordshire Council, usually during school hours. Training is provided for children aged ten and over (Year 6), except in small schools where Year 5 children (aged 10 or over) may also be trained to make viable teaching groups. Training will start with Level 1 Bikeability (off road) and only when the Instructor is satisfied that a child is safe to cycle on the public highway will children be trained to Level 2 Bikeability. On-road training is entirely at the instructor's discretion.

Parents should make sure that children can control their cycles, especially when signalling, before training starts, otherwise training may be refused for safety reasons. Cycles should also be checked for roadworthiness before the course i.e. has two working brakes, is of the correct size and has all its nuts and bolts fully tightened. Instructors are not allowed (and do not have time), to repair and adjust cycles.

All children taking part in training must wear a properly fitted cycle helmet made to one of the appropriate standards. Children without suitable helmets will not be trained. Personal accident insurance for cyclists is not provided by the Council and you will need to arrange such cover privately if you so wish.

All cyclists who complete the course satisfactorily will receive a Bikeability badge and certificate.

Please remember for your child's sake:

- Cyclists must have a roadworthy bicycle of suitable size **with front and rear working brakes**, which they can ride confidently before training commences.
- Helmets must be worn at all times - no motorcycle helmets.
- Children should wear clothing appropriate for the time of year – warm, waterproof coat and gloves in winter: light clothing in summer. In hot weather, your child should be provided with sunscreen and water.

Any medical conditions and/or disabilities which affect your child must be identified on the attached form

If you have any questions or would like advice on training for yourself or other adults, please do call me on 01432 260514.

Yours sincerely

**Judith Whateley
Sustainable Travel Officer**

HEREFORDSHIRE COUNCIL PARENT AND CHILD CYCLE TRAINING

We're delighted to be able to offer new **parent and child** training sessions, lasting approx three hours. These can be organised on an individual or group basis and are carried out by accredited instructors employed by Herefordshire council.

We also offer **free one-to-one adult cycle training**. The sessions are geared to your ability whether a beginner, returning cyclist or would like to brush up on your city road skills.

If you would like to book a session or have any questions please do call 01432 260514.