**Bikeability Level 1 Information and Consent Letter – MIDDLEWICH PRIMARY SCHOOL**

Dear Year 4 Parents / Carers Friday 11 October 2024

On **Wednesday 27 November 2024** all pupils have been offered the opportunity to take part in Bikeability Level 1 **FREE of Charge** duringschool time. This is a national scheme funded by Active Travel England and provided through Cheshire East Council. The course is delivered by Nationally Qualified Cycling Instructors and Bikeability is an active, fun and trusted outdoor activity.

Level 1 takes place on the school playground and teaches children how to **maintain their cycle**: make sure it is in tip-top condition and make simple repairs, **glide**: smooth, calm and collected, **control their bike**: including setting off, cruising, slowing down, braking and stopping, **pedal**: without feeling wobbly or out of control. And **be aware of their surroundings**: looking behind and turning around obstacles. It’s also sound introduction to Level 2 on-road training which is offered by your school. All who take part will receive a badge and certificate.

Bicycles need to be in a road-worthy condition for this course with a front and rear 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)

**Participants** **must be able to ride (no stabilisers) and also need a roadworthy bike which means a front and rear working brake. ALL children MUST wear a helmet during the Bikeability sessions.**

We also advise wearing suitable clothing (gloves/coat) or sunblock subject to conditions.

Parents/Carers must **complete the slip return to school before Monday 21 October2024**

Yours sincerely

Simon Green, Everybody Health & Leisure [bikeability@everybody.org.uk](mailto:bikeability@everybody.org.uk)

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**MIDDLEWICH PRIMARY SCHOOL - BIKEABILITY LEVEL 1 PARENTAL CONSENT**

**Return consent to school office before Monday 21 October 2024**

Pupils / Participant Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­\_\_\_\_\_\_\_ Year Group:\_\_\_\_\_\_\_\_

Participant will have a road-worthy bike with **2 working brakes** (**YES**) and **bring and wear their helmet** **(YES)** \*Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I consent to images of my child being used for the Everybody Health & Leisure website, social media and marketing campaigns **YES / NO**

Please provide medical/allergy/SEN Information and any other details you feel are valid:

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Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

We comply with GDPR and protect the personal information of individuals

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