



Bikeability Level 3 Information and Consent Letter – Perton Middle School

Dear Year 7 Parent / Carer

21st November 2023

Students have the opportunity to take part in **Bikeability Level 3 cycle training on Tuesday 12th or Wednesday 13th December 2023**. Cyclist Training will teach them vital skills that will stay with them for life. Level 3 is taught in small groups (1 instructor to 3 riders) and it tailored to individual needs.

This 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). Riders also learn how to **respond confidently** when a situation changes. For example, when a vehicle pulls out in front of you. Sessions are 2.5 hours max and participants will receive a certificate and badge. For further information check out the websites: www.cyclist-training.co.uk or 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.

Participants **must be able to ride** to take part. They also **need their own roadworthy bike** (we strongly recommend a helmet), signed parental consent and outdoor clothing (warm waterproof coat & gloves) 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)

Parents/Carers **must complete the slip below and return to school before Monday 27th November**.

Yours sincerely

Liann Allpress, Cyclist Training Ltd

www.cyclist-training.co.uk

Mrs J Cadwallader

Perton Middle School



PERTON MIDDLE SCHOOL – YEAR 7 BIKEABILITY LEVEL 3 PARENTAL CONSENT

Please return consent to school office before Monday 27th November 2023

Pupils / Participant Name: _____ Year Group: _____

Participant will have a road-worthy bike (YES) and helmet (optional YES / NO) *Signed: _____

May we use your child's image for CTL/Council website and social media? YES/NO

Please provide medical / allergy / SEN Information and details if your child is clinically vulnerable / at higher risk of severe illness from Covid-19 / lives with someone who is clinically vulnerable:

Signed: _____ Date: _____

CTL complies with GDPR and protects the personal information of individuals

