Aberdeenshire Council

Tracey Michie

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Ref: TM/LMcD

6 September 2018

Dear Parent/Guardian

**Bikeability – Parent Information and Consent Form**

This term we are looking forward to commencing our Bikeability training with our P6 pupils. In preparation for this we require volunteers to join some of our teaching staff in completing a one day training course. The course is fully accredited from Bikeability Scotland and provides adults with the knowledge and skills to instruct children through their Bikeability training. The only requirement for adults is the ability to ride a bike. The training will take place on Thursday 13th September at 9am and will take approximately 7 hours to complete.

The details of the Bikeability sessions for pupils are also outlined below. Parent helpers are key to the success of the Bikeability training and this can only go ahead if we have enough parental help; please note you don’t have to be a P6 parent and you don’t have to commit to every session. Please indicate if you can attend the full day training course and/or the children’s training by completing the attached reply slip.

Bikeability is designed to develop road sense, an awareness of danger and to improve your child’s ability to ride safely in traffic. It is not designed to teach a non-cyclist how to cycle. To take part children should have good balance and control of their bikes.

Your child’s bicycle should be in safe, roadworthy condition. The trainers will check all bicycles prior to the start of the course and should they have any concerns you will be notified and asked to correct any faults before your child can continue. More details will follow in your child’s cycle guide, which they will receive as part of the training.

Cycle helmets must be worn at all times. These should be carefully fitted and your child must be able to do this themselves.

**Training**

Practical outdoor sessions will be held as follows:-

Monday, 17 September 2018 Bicycle Check

Thursday, 20 September 2018 1.20pm – 2.45pm

Monday 24September 2018 1.20pm – 2.45pm

Thursday 27 September 2018 1.20pm – 2.45pm

Friday 28 September 2018 1.20pm – 2.45pm

Monday, 1 October 2018 1.20pm – 2.45pm

Thursday, 4 October 2018 1.20pm – 2.45pm

Friday, 5 October 2018 1.20pm – 2.45pm

Monday, 8 October 2018 1.20pm – 2.45pm

Thursday, 11 October 2018 1.20pm – 2.45pm

Friday, 12 October 2018 Assessment

We normally discourage pupils from independently riding their bicycles to school until they have completed the course. In the interest of safety bicycles should be pushed and definitely not ridden on the pavement. Bicycles should be kept at the stands to the front of the school and children are responsible for their own bike locks. Children using school transport may need alternative arrangements. Please discuss this with the School. Please note that due to Health and Safety regulations we have very little space to store bicycles and bicycles will be left at your own risk. However, the school is open from 8.30 am – 9.30 pm and on Saturday mornings.

Please note – school transport is given on safety grounds; children living outwith the village should not cycle to school.

**Dressing for Coaching**

Pupils have to be prepared to cycle in all weathers and should have a warm, waterproof jacket with them (gloves are also useful!). Footwear should be sensible and not likely to come off the foot. Helmets are, as previously stated, an absolute must.

**Behaviour**

In the interest of safety any pupil who misbehaves or reacts inappropriately to any of the adults involved will be removed from the lessons.

**Assessment**

Pupils will undergo a brief assessment both on the Highway Code and cycling ability. Highway Code/cycling rules will be issued.

It is important that you carefully read the assessment result sheet as it highlights both the cyclist’s strengths and areas requiring a little more support.

Please sign the attached. If your child does not participate he/she will work with another class or participate in the training so they can sit the written test at Level 1.

Yours sincerely



Tracey Michie

**Acting Head Teacher**

**Bikeability Training**

My child will be attending the Bikeability Training.

Child’s Name ­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_\_\_\_

**I can attend the adult training session on Thursday, 13th September 2018 at 9:00am**

**I would like to help at the Cycling Proficiency Training and can help on the dates noted below:**

***(please mark accordingly)***

Monday, 17 September 2018 Bicycle Check

Thursday, 20 September 2018 1.20pm – 2.45pm Yes/No Coaching Session

Monday 24September 2018 1.20pm – 2.45pm Yes/No Coaching Session

Thursday 27 September 2018 1.20pm – 2.45pm Yes/No Coaching Session

Friday 28 September 2018 1.20pm – 2.45pm Yes/No Coaching Session

Monday, 1 October 2018 1.20pm – 2.45pm Yes/No Coaching Session

Thursday, 4 October 2018 1.20pm – 2.45pm Yes/No Coaching Session

Friday, 5 October 2018 1.20pm – 2.45pm Yes/No Coaching Session

Monday, 8 October 2018 1.20pm – 2.45pm Yes/No Coaching Session

Thursday, 11 October 2018 1.20pm – 2.45pm Yes/No Coaching Session

Friday, 12 October 2018 Assessment

I confirm that I have received the information about cycle training. I understand the nature of the activity to be undertaken by my child and I consider him/her fit to take part.

I confirm that my child’s cycle helmet is the correct size and that the bicycle he/she will use for training is roadworthy, of a suitable frame size with a seat at the correct height.

I understand “Aberdeenshire Council provides third party public liability insurance. Parents who require personal injury or accident cover for their child/children should organise this privately.” I confirm that I have read and understood the statement about insurance.

Parent/Guardian Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_

***PLEASE RETURN TO SCHOOL BY MONDAY, 10th SEPTEMBER 2018***