

**Scoresby Site**  
Airy Hill  
Whitby  
North Yorkshire  
YO21 1QA



**Normanby Site**  
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06 February 2018

Dear Parent/Carer

We have an opportunity for our Year 7 and Year 8 students to take part in North Yorkshire County Council's Level 3 Cycle Training Course.

Please read the enclosed information from North Yorkshire Sport about the training and complete and return the consent form, if you would like your son/daughter to take part. If we do not receive a completed form before the sessions, your son/daughter will not be able to take part.

We would like to run the sessions on the following dates:

Monday 26 February, Wednesday 28 February, Tuesday 6 March, Friday 9 March and Monday 12 March.

Please contact me at the College if you wish to discuss this further.

Yours sincerely

A handwritten signature in black ink, appearing to read "S. Hopper". The signature is fluid and cursive.

Mr S Hopper  
Subject Leader: PE  
[s.hopper@ccwhitby.org](mailto:s.hopper@ccwhitby.org)

Dear Parent,

If you would like to take part in the **North Yorkshire County Council Level 3 Cycle Training Course**, please see the below information.

Bike ability training takes place during School time. Level 3 training usually runs for 2 hours 45 minutes. Your child will be trained on roads near to the school, which have been assessed for their safety.

Please note the following important information that includes details about the level your child can achieve and the circumstances in which your child can be refused training:

- Bikeability is outcome based
- All those taking part receive a certificate and badge.
- Only children with roadworthy bikes –as assessed by the trainer – will be trained
- Any child who is not appropriately dressed may be refused training
- A high viz vest will be provided for the duration of the course.
- The wearing of helmets is determined by the parent or by school policy
- The start of the session will cover all aspects of Level 2 training. This will include cycle checks and an assessment of riding skills

Bikeability is the Cycling Proficiency Test for the 21<sup>st</sup> Century. To get their bikeability award, children will be instructed on how to ride their bikes to the government approved National Standard for Cycle Training. The standard has been developed by over 20 organisations and is maintained by the professional body for cycle training, the Cycle Training Standards Board. Further information can be found on [www.bikeability.org.uk](http://www.bikeability.org.uk)

Before your child arrives, you should check their bike including:

- Bicycle with saddle and handlebars adjusted to the correct height
- Functioning brakes
- Pumped up tyres with no punctures

## North Yorkshire County Council Level 3 Cycle Training Course

The school will advise the dates of training.

Your Child's name:

Date of Birth:

Home address:

School:

Your name:

Daytime telephone number:

E-mail:

Please tell us about any medical conditions that your child may have? E.g. asthma, epilepsy, sight, hearing etc.

**PLEASE READ AND SIGN THE FOLLOWING DECLARATION.**

**PLEASE RETURN THE CONSENT FORM TO YOUR CHILD'S SCHOOL.**

I have read and understood the letter to parents. I will check my child's bike to ensure that it is roadworthy and I am responsible for it being roadworthy for the session.

I understand that my child will be trained on the public road (wherever possible) will wear a high visibility top and will be supervised at all times.

Please see websites [www.bhit.org](http://www.bhit.org) or [www.bhsi.org](http://www.bhsi.org) or [www.cyclehelmets.org](http://www.cyclehelmets.org) for further information.

I understand Bikeability is outcome based and my child may require further training to get a badge.

Signed .....

Date .....

[www.northyorkshiresport.co.uk](http://www.northyorkshiresport.co.uk)