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12<sup>th</sup> January 2023

**YEAR 5 PRACTICAL CYCLING SKILLS TRAINING 2023**  
**INFORMATION AND CONSENT FORM**

Dear Parent/Carer

Please find attached information for Year 5 Practical Bikeability Training run by the East Riding of Yorkshire Council. The training will take place in either the Spring or Summer Term (dates TBC). This is a two-day practical course of instruction (8 hours in total) with the first two hours being conducted on the playground, incorporating a basic cycle check. The following six hours will be conducted in a live, on road, environment. The children will be instructed in small groups.

Should you wish your child to take part in the cycle training programme, please complete the ONLINE CONSENT form by Monday 23<sup>rd</sup> January 2023. [Please click here.](#) If no consent form has been received your child will be unable to participate in the training.

Please remember that:

- Your child will need to be able to ride a bicycle without wobbling and be able to ride one-handed for at least five seconds.
- As well as a bicycle, you will need to provide your child with a correctly fitting helmet and explain that they are expected to wear it.
- The bicycle your child uses for training will need to be mechanically roadworthy and of the correct size. A child should be able to touch the ground with both feet whilst sitting on the seat. The law requires that a bike has two working brakes.
- Bikes left overnight on school property are at your own risk.

Please refer to the Bicycle Safety Check Form before your child takes part in the training.

There is charge of £15.00 per pupil to take part in the training, which is now available to pay on [ParentPay](#). Payment is due by Monday 23<sup>rd</sup> January 2023.

Thank you for your continued support.

Yours sincerely

Hannah Stephenson  
Head Teacher

On behalf of the Year 5 Team