



Totley Primary School
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Headteacher: Mr Ben Paxman

Chair of Governors: Mr Nick Harris

Friday, 29th November

Dear families,

In January, children in Year 6 will undertake their Bike Ability training. This is so all children are safe and feel confident to ride their bike independently as a means of active, sustainable travel.

The training will take place across the weeks commencing 13th and 20th January.

Children will be spread across 5 groups and complete their training across three days within the two weeks.

This course is being run by Cycle North on behalf of Sheffield City Council and the instructors are fully qualified, checked and insured.

Your child will need to have with them, for all their course sessions:

- A bike which is roadworthy and fits properly.
A bike check will be carried out on the first day and any bike which is not roadworthy cannot be used on the course. I've attached a bike check form to help you ensure that your child's bike is in a good condition.
- A cycle helmet (which fits!)
- Warm clothing and a water-proof jacket

Your child will be continuously assessed throughout the course. The training will start with a playground session and the children must reach the required standard in cycle control, in order to proceed to the on-road Level 2 sessions that follow. At the end of the course, all children will receive a certificate that confirms their participation on the course along with a badge.

Please complete the survey [here](#) and complete the form your child is bringing home today (Friday, 29th November) to let us know about your child's bike riding ability and whether they have their own bike and helmet. This will enable the trainers to sort groups. We will get in touch again to let you know the dates of your child's training once groups have been sorted.

Thank you,

The Year 6 team

Is the bike alright to use?

The cycle training can be done on any sort of bike, as long as it is roadworthy and has both a front and back brake. Please check your bike using the checklist below. If in doubt take it to a bike shop and ask them to check it. Our trainers are not mechanics, but may be able to make minor adjustments on the day. Unfortunately, if your child arrives with a bike that we do not consider safe to use on the roads, your child will not be able to do the training unless you have booked a loan bicycle with us.

Bicycle Checklist

As a part of the training course, your child's bike will be assessed by an instructor to check if it is in a safe and roadworthy condition.

Unsafe bikes can not be used on the course.

Helmet

Check the helmet fits and is adjusted to the rider



Some of the current cycle helmet safety standards are:
EN1078, BS 6863, AS2063, ANSI Z 90.4 or SNELL

! Only carry out adjustments or repairs if you know what to do. If you are unsure, take the bike to a local bike shop.

Saddle

Adjusted to the riders height without exceeding the safety limit (look for a notch on the saddle post). Check saddle points forward and does not wobble.

Handlebars

Check handlebars can't be twisted out of the line of the wheels and are straight. Bar ends must not be exposed.

! Check rider can easily reach the brakes.

Cables
Check cables are not frayed, broken or loose.

Brakes
Both front and back brakes must work. Check brake block is in correct position, not touching the tyre and not worn out.

Chain & Gears

Check the chain is well oiled and not too tight or too loose. Check all the gears can be changed easily.

Pedals
Check pedals are securely attached to crank and spin freely.

Bike Size

Rider should be able to reach handlebars and touch the ground easily with toes of both feet

Wheels

Check if the wheels spin freely and straight, that there is no damage to the spokes. Nuts and levers are securely tightened.

Tyres

Check that the tyre is firmly pumped up. There should be no damage, punctures or excessive wear.

! Check rider's toes can easily reach the ground



BIKEABILITY CYCLE TRAINING

Parent or Guardian Consent form

Return this whole sheet to your child's school

Your child's name: _____

Class: _____

Medical Information

Please tell us of any medical condition which we should know about in the box below. For example, poor eyesight, asthma, epilepsy, impaired hearing etc. It is unlikely that a medical condition will prevent your child from receiving training.

Please read and sign the following declaration

- I have read and understood the letter to parents.
- I will check my child's cycle to ensure it is roadworthy and I am responsible for keeping it roadworthy throughout the course. I authorise instructors from Cycle North to carry out minor adjustments to the cycle.
- My child will be trained on public roads. The training may also include some off-road cycling.
- The training will start with a playground session. The children must reach the required standard in cycle control, in order to proceed to the on-road Level 2 sessions that follow.
- I accept that Cycle North can refuse to teach my child if their behaviour is deemed to be unsuitable.
- I understand that Cycle North will not be liable for any loss or damage to trainees' cycles and other belongings.
- Trainees should not be considered safe to ride in all traffic conditions at the end of the course, but please encourage them to practise and supervise them if possible and their confidence will improve further.

Signed: _____

Date: _____

