

Tuesday 24<sup>th</sup> February 2026

**Year 5 Bikeability**

Dear Parent/Carer,

We have arranged for cycle trainers to visit our school and provide an opportunity for children to participate on a bikeability course. If your child has a bicycle and helmet, please bring these along for the training (children will not be able to participate if they do not have a helmet). We can supply a bike and helmet, if your child does not have one, and enough notice has been given.

Dates your child needs to bring their bike and helmet into school are **16<sup>th</sup> – 20<sup>th</sup> March 2026**.

If your child does not have a bike, we will most likely be able to provide them with one for the course. This means all children can join the course!

It is important for your child's bike to be in a good roadworthy condition, and the right size for them to cycle comfortably. At the beginning of the first lesson the instructors will check the condition of the bike and make minor adjustments if necessary. If the bike is in poor condition, and deemed to be unsafe to cycle on road, your child will not be permitted to use it on the course.

The training programme is progressive, and your child is expected to attend every day; the training session is usually 90 minutes daily. If a lesson is missed it is in the trainer's discretion to accept your child on further lessons.

The first day's training enables children to demonstrate their bike handling skills; only if a child is deemed confident to cycle on road, will they be invited to attend the subsequent sessions.

Children who do not demonstrate they can cycle confidently will remain in the playground to practise their bike handling skills.

Bikeability is an important part of our program as an active healthy and sustainable school.

Attached to this letter is a **consent form** which must be completed and returned to the school office before the programme begins. Your child will not be able to participate without this form.

All Bikeability takes place during school hours.

Thank you for your support in helping us provide this valuable opportunity for your child.

Regards,

Mr J Brown  
PE Lead  
Enfield Heights Academy

<b>Consent Form for school's course: Bikeability</b>	
Your child will be taking part in an on road cycling course.	
This form must be completed and given to Cycling Instructor Ltd before they can take part in the training	
<b>I (name of parent or guardian):</b>	
Consent that my child can take part in a cycle training course	
<b>Name of Child:</b>	
<b>Gender: Male/Female (circle)</b>	
<b>Year Group:</b>	
<b>My child has a bike to use for the course: Yes/No (circle)</b>	
<b>My child WILL wear a helmet, supplied by me. It is compulsory to wear a helmet to participate in the course.</b>	
<b>I agree that:</b> <ul style="list-style-type: none"> <li>• When I supply a bicycle for my child, I must make sure it is roadworthy. If I am not sure about this, I should take it to a bike shop. The instructor may adjust and repair my child's bike if the instructor believes that there is a problem.</li> <li>• Cycling Instructor Ltd will not be held liable for any injury, which is established, may have been prevented or caused by the wearing or not of a helmet. The instructor will advise on the fit of a helmet but will not necessarily be able to judge from its appearance if it is in good condition.</li> <li>• I will tell Cycling Instructor Ltd about any medical condition my child has which may affect the training course.</li> <li>• By the very nature of outdoor activities, it may be necessary for staff to physically interact with children, e.g., help fit helmets &amp; Hi-Viz vests, to prevent a fall or administer first aid. This is in the interests of your child's safety.</li> </ul>	<ul style="list-style-type: none"> <li>• Having taken a cycling lesson does not mean that it is safe for my child to cycle or fix a bicycle in all circumstances. To become a proficient cyclist or mechanic takes more practice than lessons of this kind can provide.</li> <li>• Cycling Instructor Ltd is not responsible for any injury, loss or damage not caused by an instructor, or which happens outside these lessons, including journeys to and from school.</li> <li>• My child may be photographed during this course and the image could be used in publicity for Cycling Instructor Ltd and the funding organisation.</li> <li>• Cycling Instructor Ltd only holds the data which you have provided. The data is required in case we need to contact you in case of an emergency. We only provide statistical data to the council and TFL, who pay for this service, we do not send any personal data to these organisations. We hold your data for a year and then delete it.</li> <li>• Training takes place on road.</li> </ul>
<b>Signed:</b>	<b>Date:</b>