



Ref: SR/SH

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Dear Parent/Carer

Re: Year 7 Bikeability Level 3 Cycling Safety Training 13 – 17 November 2017

I am writing to inform you of a fantastic FREE opportunity on offer at Priory Community School during 13 – 17 November in term 2.

As part of the schools Active Travel Plan we aim to raise awareness and create opportunities for young people to travel actively and safely to and from school.

To give young people the confidence to travel actively, we are offering Bikeability Level 3 training to all year 7 students. The training is free of charge (funded by North Somerset Council) and will be led by Life Cycle UK (www.lifecycleuk.org.uk).

What is Bikeability Level 3 Training?

Level 3 training is fun and suitable for students at secondary school and covers dealing with hazards, making 'on-the-move' risk assessments and planning routes for safer cycling. Training will take place on the school site and off school site in the local area.

Once students have completed their Bikeability Level 3 qualification green badge, they will be able to cycle almost anywhere, and:

- *Make a trip to school, work or elsewhere on any roads*
- *Use complex junctions and road features such as roundabouts, multi-lane roads and traffic lights*
- *Understand driver blind spots*
- *Know how (and when) to pass queuing traffic*
- *Identify and react to hazardous road surfaces*
- *Plan a safe cycling route*
- *Interpret road signs*

I would like my child to take part in this opportunity – What do I do?

- ✓ Return the attached **consent slip and prior ability checklist** to Student Services before: **1 November**. **There is a short timeframe to plan this activity.**
- ✓ **At home, complete the bike M-Check** (see attached advice) and ensure your «sondaughter»'s bike is safe and ready for «hisher» session.

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What equipment do I need?

- ✓ On the day of their allocated session, students need to bring an appropriate **BIKE** and **HELMET**. A **bike lock** is also a good idea should your «sondaughter» need to leave their bike at any time. Bikes can be securely stored in the school bike shed until needed.
- ✓ On the day please bring a packed lunch, **healthy snack** and **still drink** (no energy drinks) in a **small rucksack**.

What should I wear?

- ✓ The **weather** is expected to be **changeable so please prepare accordingly**.
- ✓ Students should wear **warm clothes** and a **waterproof** coat, gloves and **sturdy footwear** such as PE trainers. They should be in school uniform for the part of the day that they are not cycling.

Session times

- ✓ Your «sondaughter» will be booked to attend either a morning or afternoon session during school time on the week of 13 – 17 November. You will be **notified** of «his/her» allotted time by **10 November 2017**
- ✓ There are 6 spaces per session. The instructor ratio is 1:3.
- ✓ Sessions run for 2.5 hours.

Please consider

- ✓ The training is **very popular** and to avoid wasting places it is the Councils policy to charge those who fail to turn up without any explanation. **The cost for this will be £40.00.**

Safety

- ✓ All instructors are approved and accredited to work with young people in this capacity. Full risk assessments have been carried out, and the instructor participant ratio is particularly high support the cycling activity.

On the day

- ✓ Students should meet Mrs Robertson/Miss Dobson and the Bikeability Team at Student Services.
- ✓ This activity will go ahead in **MOST WEATHERS** (including rain). Learning to cycle in all weathers is part of being a ready cyclist able to deal with the challenges of the road. Being able to navigate more challenging conditions will prepare the group for a normal journey to school. Please bear this in mind and **prepare your «sondaughter» accordingly**.
- ✓ Whilst the PCSA are facilitating this opportunity, «Forename» will be the **responsibility of the Bikeability Team** during the activity. As such, the **details** you provide on the attached form will be **shared with the adult leaders** who will use them to contact you if needed when the activity takes place.

I hope that your «sondaughter» gains a great deal of confidence from this excellent opportunity. If you would like to discuss any aspect of this letter, please contact or Mrs Robertson on 01934 511411 or via email on serena.robertson@pcsa.org

Yours sincerely



Serena Robertson
Extended Schools Administrator
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