

TILDARG PRIMARY SCHOOL



6 Tildarg Road, Ballyclare, Co. Antrim, BT39 9JU

Principal: Mrs K.S. Dickson B.Ed Hons, P.Q.H

Dear Parent / Guardian,

19th March 2021

CYCLING PROFICIENCY SCHEME

You will be aware through media coverage and publicity campaigns that the Public Health Agency recommends children need to do moderate to vigorous intensive activities for at least 60 minutes daily. Cycling is a good way to increase physical activity and is a healthy, fun way of encouraging children to enjoy the outdoors but learning to ride safely gives them a life skill if they continue to cycle into adulthood.

The Cycling Proficiency Scheme (CPS) has been running in Northern Ireland for approximately 45 years and almost 450,000 children have received training during this time. The scheme is being offered to your child by this school from the start of the next term. There will be no charge for the training which will be conducted within the safety of the school grounds by a member of the teaching staff who has been approved by the Department for Infrastructure (DfI). The training will necessitate participating children to attend each session which will last 1 hour over a 10 week period commencing *Tuesday 13th April, 2021; 2-3pm.*

Children will learn basic road craft with the training including issues such as proper road positioning, signalling, stopping / starting, right / left turns, overtaking, passing side roads, negotiating traffic lights, and performing a controlled (emergency) stop. Assessment will be of a continuous nature during the practical sessions with a theory test at the end of the scheme.

Each child participating must already be able to ride a bicycle – this scheme is to help equip them with the knowledge and skills to cycle safely. They will be required to provide a roadworthy bicycle and wear a properly fitted helmet for the practical sessions. Please use the Easter break to check your child's bicycle and helmet against the accompanying information provided and make any necessary adjustments to help ensure a smooth start to the scheme.

If you are interested in your child participating in Cycling Proficiency, please complete and return the accompanying consent form to the class teacher before **Thursday 25th March, 2021.**

It is hoped that following successful completion of the course, parents will consider using cycling as a mode of travel for their child to / from school (where applicable). This has the potential for many benefits including:

- ✓ Encouraging independence and building confidence;
- ✓ Being good for the environment;
- ✓ Reducing congestion – especially around school gates, making it safer; and
- ✓ Providing an active start to the day, with children being more alert in lessons.

Parents are reminded that how their child(ren) travels to/from school is ultimately the responsibility of parents.

Yours sincerely,

Miss J. Wright

Teach in charge of Cycling Proficiency.

CYCLE HELMET CHECKLIST

Check that your helmet meets all the requirements listed below:

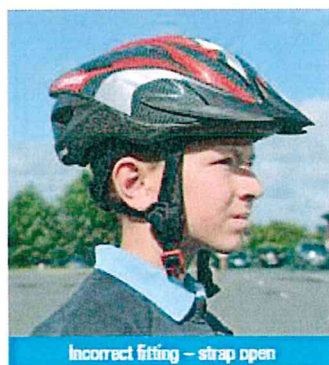
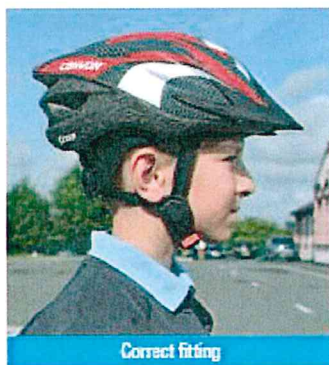
- ✓ The helmet is comfortable and fits snugly around your head.
- ✓ The helmet rests two finger-widths above your eyebrows.
- ✓ The helmet is level, not tilted in any way.
- ✓ You can see and hear clearly while wearing your helmet.
- ✓ The helmet straps form a 'V' shape around your ears.
- ✓ The chin strap is tight under your chin (note two-finger check).
- ✓ Your helmet has not been damaged in any way.
- ✓ Your helmet has a CE number and meets British or Euro Standard.

BICYCLE CHECKLIST

Check that your bicycle meets all the requirements listed below:

- ✓ Tyres inflated to the correct pressure (A).
- ✓ Brakes working and fitted properly (B).
- ✓ Chain properly lubricated (C).
- ✓ All nuts and bolts secure (D).
- ✓ Red rear reflector and amber pedal reflectors present.
- ✓ Bell fitted/working.
- ✓ Handlebar and saddle properly adjusted.
- ✓ Wheels and spokes fitted properly.
- ✓ Ample tread on tyres.
- ✓ Frame safe and free from rust.
- ✓ Pedals present/turning freely.
- ✓ Lights working (if fitted).

DOES THE HELMET FIT CORRECTLY?



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PARENTAL CONSENT FORM

As parent/guardian I grant permission for _____ (child's name) to undertake training in the Cycle Proficiency Scheme. I understand the training will necessitate participating children to attend each session which will last 1 hour over a 10 week period commencing on *Tuesday 13th April, 2021*.

I confirm that he/she is already able to ride a bicycle and understand that this scheme is to help equip them with the knowledge and skills to ride more safely. I undertake to ensure they present a roadworthy bicycle with a bell and a properly fitted helmet for each lesson.

Yours sincerely,

Signature of Parent / Guardian: _____

Name of Parent / Guardian: _____

Date: ____ / ____ / ____