



### **Bikeability – Year 3**

Thursday 2<sup>nd</sup> March 2023

Dear Parents/Carers

We have been lucky enough to secure “Bikeability”, the national standard and cycling scheme, to run at Exeter in June 2023. This scheme has been introduced by the Department of Transport, to provide training for all cyclists to help them to cycle safely in today’s increasingly busy traffic conditions. We hope that you will encourage your child to take part.

This will be a one day course taking place on Friday 23<sup>rd</sup> June during school time, taking place within Exeter School grounds. During the course your child will learn to:

- Prepare themselves and their bicycle for cycling.
- Get on and off your bike without help.
- Start off, pedal and stop with control.
- Pedal along, use gears and avoid objects.
- Look all around including behind and control the bike.
- Share space with pedestrians and other cyclists.

For your child to take part they must have:

- A road worthy bike - they will not be allowed to take part if their bike is deemed to be unsafe. Please check with me if you are unsure or would like some advice.
- An approved well-fitting cycle helmet - damaged helmets, full face motorbike helmets or helmets used for other sporting activities are not acceptable.
- Suitable clothing.

### **This course is not suitable for non riders**

Please go to the MyChildAtSchool app, in the ‘Clubs’ section to request a place for your child. This will be an activity based on a first come first served basis and spaces are limited. If successful we will contact you again with further details.

Yours faithfully,  
Mr. McKay