



4<sup>th</sup> March 2015

Dear Parent(s)/Carer(s)

As part of our commitment to road safety we are planning to run a cycling proficiency course during extra-curricular time in the summer term. The Bikeability course is the cycling proficiency course of the 21<sup>st</sup> century and will be run by Castle Cycles Coaching Services.

The aim is to move all students through the Level 1 and Level 2 course. Training for the level 1 course takes place on the school playground and the Level 2 course takes place on local roads, giving students a real cycling experience.

**The course is not suitable for complete beginners who have not already learnt to ride a bike independently.**

Students will be taught how to deal with traffic on short journeys, such as cycling to school or the local shops. Once they have completed their Bikeability Level 2 and been awarded their orange badge, they will be able to:

- Start and finish a journey by road, including passing parked or slower moving vehicles and side roads
- Make a u-turn
- Identify and react to hazards in the road
- Signal intentions to other road users when someone needs to know what they're doing
- Understand where to ride on the road
- Use junctions, including turning left and right into major and minor roads
- Decide whether a cycle lane will help their journey
- Use the Highway Code, particularly when it comes to understanding road signs

In addition the course at the Nottingham Free School will also include some bike maintenance classes.

Students will use their own bike for the course, and it must be of a roadworthy standard. The bike will be checked by an instructor before the start of the course and we will let you know if there are any issues.

Please ensure that your child brings a helmet as it is policy for children to wear one for the duration of the course. Your child will not be allowed to participate without one.

Students will need to ride their bikes to and from school on the days that they have Bikeability (Tuesdays) and will be able to keep them securely in school. Unfortunately they will not be able to bring their bikes in on the school bus. Students and parents also need to be aware that if the

**Nottingham Free School**

The Courtaulds Building, 290 Haydn Road, Nottingham NG5 1EB  
01949 863053 | [contact@nottinghamfreeschool.co.uk](mailto:contact@nottinghamfreeschool.co.uk) | [www.nottinghamfreeschool.co.uk](http://www.nottinghamfreeschool.co.uk)

Head of School: Jenny Brown BSc (Hons) Mathematics, PGCE, N.P.Q.H.  
Executive Head Teacher: John Tomasevic B.A. (Hons) Econ, Cert.Ed., M.Ed., N.P.Q.H., N.L.E.



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sessions are missed for whatever reason then it will not be possible to award the level 2 certificate as students have to clock road time and this will not be something that they can make up.

The course comes at a considerable cost to the school and although we are happy to heavily subsidise this course we are asking for a contribution of £20.

If you would like your child to take part in the course please complete the slip attached and return to school with the payment required to reserve your place. Cheques should be made payable to Nottingham Free School, or if you would rather pay online you can transfer the money directly into our bank account. We ask that you reference this with your child's first name initial and surname followed by the word Bike.

Account number: 11526417

Sort Code: 16 26 32

Account name: Torch Academy Gateway Trust T/AS Nottingham Free School

Please note that we will be unable to run this course if we do not fill all of the places due to the cost implications. If the course does not run this year, we will return the £20 and will offer to run the course again next year. If you need to pay the £20 in instalments, please contact the school office and we will make the necessary arrangements.

Yours faithfully,

Bethan Inglis  
Lead Teacher Humanities

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**Bikability Return Slip: Please return to school office**

- I confirm that I have read and understand the requirements of this course
- I give my permission for my son/daughter to take part in the Bikeability course
- I have included a cheque for £20
- I confirm that payment has been made by bank transfer
- I will contact the school to make payment arrangements