

Dear parent/carer,

This year cycling proficiency training will take place over two full days plus a refresher on the morning of the test. Key dates are:

- Wednesday 5th July all day;
- Friday 14th July all day; and
- Monday 17th July – refresher in the morning with tests from 1.30pm.

Obviously bikes and helmets will need to be in school for each of these days. Each child needs to complete a specific number of hours training, to be eligible to take the test and the training schedule as detailed above, will fulfil this requirement with only a small amount of flexibility built in.

The first hour or so of training will take place on the playground where each child's confidence and ability will be assessed. Although they don't need to be super confident in the following skills at the start of the course, it is essential that your child is able to some degree to:

- Signal left and right; and
- Look back over their RIGHT shoulder as they approach junctions, parked vehicles etc.

If you intend to take your child out for additional practice before or during the course please note that when overtaking parked vehicles, it is not necessary to signal your intention. The cyclist should look back over their right shoulder as they approach a parked vehicle before overtaking in a controlled manner, allowing plenty of room between them and the stationary vehicle.

As they will be spending long periods outside in potentially warm weather, it is important that your child brings their water bottle with them. We would also suggest that sunscreen be applied at the start of each session, paying particular attention to the back of the neck. It is recommended that girls should wear their PE shorts rather than skirts and long hair should be in a low, full pony tail.

If you have any questions regarding the course and test, please contact the academy for assistance.

Yours faithfully

Parent volunteer for Cycling Proficiency