

NATIONAL STANDARDS CYCLE TRAINING

SCHOOL Llantarnam Primary

TRAINING DATES Week beginning 9th October or 16th October 2023.

Your school has been chosen from a number of schools within Torfaen CBC to receive National Standards Cycle Training. This training is designed to give children the skills to negotiate a safe cycle journey to and from school or to a known place of leisure.

Children enjoy cycling and of course it brings many health benefits, develops confidence, and gives them independence. Trained children are much safer and tend to cycle more often. The training is delivered through Torfaen County Borough Council and is funded by the Welsh Government.

The training consists of two Levels. The first level will be on the yard the second will be on an estate near the school, on quiet roads but with some traffic. Your child can just take part in Level 1 if they do not feel confident enough.

Unfortunately, we can only offer the training to a **maximum of 24 children**, so it will be on a first come first served basis. Your child must be accomplished cyclists able to ride one handed with either hand – the children are expected to carry out indicating manoeuvres on sometimes busy roads. Our aim is not to teach your child how to ride but to develop existing skills.

Your child must provide:

A Roadworthy Bike – pumped up tyres, front and rear working brakes, working gears if present and most importantly a cycle that is the correct size.

A Cycle Helmet – correct fitment and suitable for the purpose. No motorbike helmets, and skateboard helmets are unsuitable if loose. If there are one or two children who do not have a helmet, we do have a few spare ones available.

Suitable clothing – training will take place in all reasonable weather conditions therefore wet weather gear (showerproof jacket), gloves or sometimes shorts or lighter garments may be more appropriate. If the weather is sunny then please provide sun cream.

Nutrition – On Level 2, morning session, you will need to provide a small snack as the training can be quite intensive.

WE RESERVE THE RIGHT TO REFUSE TRAINING IF ANY OF THE ABOVE IS NEGLECTED.

If you wish your child to be involved in the above training please complete the form attached to this letter and return it to your class teacher no later than the first day of training. Spaces are limited to a first come first trained basis.

Kind Regards

GethinMTB
www.gethinmtb.com

PARENT / GUARDIANS NAME.....

CHILD'S NAME.....

SCHOOL Llantarnam Primary **DATE**

Please delete as appropriate:

I confirm that the above child can / cannot confidently ride a bike with one hand

I would like/ would not like the above child to take part in cycle training

I can / cannot provide a roadworthy bike

I can / cannot provide a suitable helmet

I can / cannot provide suitable clothing

I can / cannot provide a small snack

I am happy / not happy to leave my child's bike in the school overnight during training

SIGNATURE.....

DATE.....

**CONTACT TELEPHONE
NUMBER**.....

PLEASE COMPLETE AND RETURN BEFORE THE FIRST DAY OF TRAINING

