



Thursday 18th May 2023

Hello Year 5 Families,



Bike around the Borough – Wednesday 5th July 2023

We are delighted to let you know that **Bike around the Borough has returned for 2023**. This is a nine-mile bike ride around our lovely borough organised by the London Borough of Hackney in partnership with the Metropolitan Police. This award winning and record-breaking event returns following the success of becoming the largest school mass ride in the world.

Hackney will be providing a qualified cycle instructor to lead our school on the ride alongside four members of our Woodberry Down. Our school is able to chaperone 24 children on the day and this is a team total set by Hackney. All children interested in taking part **MUST** have completed Bikeability Cycle Training this school year including on road cycling and the demonstration of good bike control.

If you are interested in your child taking part, it is essential that the consent form attached is fully completed, signed and returned as soon as possible. **Should interest exceed places available, names will be drawn at random by Mr Hewie ensuring a class and gender balance.** Please also note: should your child secure a place, on the day of the event your child will need the following:



- A Helmet (school has plenty)
- A PE kit and appropriate shoes for cycling
- A Packed Lunch
(no chocolate, sweets or fizzy drinks please. Please help us keep our children with allergies safe – no nuts or products made with sesame please. Our Catering team can provide packed lunch for those children who have a concessionary lunch. Please let us know on the attached consent.)
- Plenty of water
- Suncream, hat and a waterproof jacket
- A lightweight backpack (No carrier bags or handbags)
- A roadworthy bike (we do have some pool bikes available so let us know if your child may need one)
- Any medication (Asthma Pumps/Epipens etc).

Should you need any information, please do not hesitate to contact me, I am always happy to help!

Warm wishes,

Vince LWanga
PE & Sports Leader



I consent for the child named to participate in the Bike Around the Borough event organised by London Borough of Hackney (Hackney Council). I confirm the child named has good bike control skills, minimum equivalent to National Standard Level 1 (see overleaf)	Parent/ Carer's name
	Child's name
Please provide an emergency contact number:	Emergency contact number
School Name	School Name

I understand that:

- If I provide a bike for my child for the event I must ensure the bike is safe to ride.
- My child will be cycling on roads therefore a good level of bike control is required.
- Hackney Council will assign a cycling instructor to each participating school.
- The school will provide adequate marshals to accompany the pupils at a ratio of 6:1 (6 pupils to 1 marshal).
- If the instructor deems my child's behaviour to be unacceptable they may exclude them from training.

Hackney Council & government guidelines recommend that cyclists wear appropriate clothing and a correctly fitted helmet which conforms to EN1078 European standard and is in good condition.

Wearing a helmet whilst cycling is not a legal requirement.

If you wish your child to wear a helmet during the training it is your responsibility to provide them with one. Hackney Council will not provide a helmet.

Please TICK ONE option

<input type="checkbox"/>	I have no preference whether my child wears a helmet during the event
<input type="checkbox"/>	I am not providing a helmet for my child to wear during the event. Hackney Council will not be held liable for the results of any injury which might have been prevented by the wearing of a helmet
<input type="checkbox"/>	I am providing a helmet for my child to wear during the event and understand Hackney Council will not be held liable for the results of any injury which may have been caused by the wearing of the helmet.

Please tell us if your child has a **medical or other condition** (e.g. asthma, epilepsy, allergies) or special educational needs that may affect the training.

Details including medication required

I consent to an appointed person carrying out first aid if necessary

Do you consent for Hackney Council and Transport for London to use photographs in which your child is recognisable, for publicity or training purposes.	Yes	No
	<input type="checkbox"/>	<input type="checkbox"/>

Signed(Parent/carer)	Date <input type="text"/>
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National Standard Trainee Outcomes

1.1	Demonstrate an understanding of safety equipment and clothing and how clothing could make you more visible
1.2	Carry out a simple bike check including checking air, brakes, chain and direction of steering (ABCD)
1.3	Get on and off your bike
1.4	Start off and pedal
1.5	Stop your bike
1.6	Ride along independently (for at least a minute)
1.7	Make your bike go where you want
1.8	Use gears (where your bike has gears)
1.9	Stop quickly with control
1.10	Swerve to avoid objects
1.11	Look all around including behind
1.12	Signal right and left
1.13	Share space with pedestrians and other cyclists