

Cycle Skills – New Row PS

Date: Tuesday 7th November

Dear Parent/Guardian

As part of our involvement in the *Sustrans* Active School Travel programme we will be offering a cycle skills session, made available to pupils from Primary 6 & 7. Numbers are limited and pupils who have secured a place will be notified by the school. This session will be led by Ronan Mc Laughlin, our Sustrans Active Travel Officer.

The session will take place outdoors on the school playground and centre on fun cycling skills games (aimed at improving co-ordination, balance and awareness) but will also include developing an understanding of bike safety checking. Pupils will need to be able to ride a bike to take part in the session.

We'd highly recommend the use of a cycle helmet. If however, you consent for your child to participate without one please tick the appropriate box below to approve this.

What to bring:

A road-worthy bike (working brakes, tyres pumped etc)

Weather appropriate clothing

Suitable footwear

Helmet

Medication if required (E.g. Inhaler)

Thank you,
Miss C Walls

Please sign and date below give consent for your child to attend and for first aid to be administered by the officer in the event of needing this

Child's Name: _____

Parent/Guardian Signature: _____

Date: _____

Existing medical conditions: _____

If you do not want your Dependant to wear a cycle helmet, **please tick this box**

If you do not consent for your child to be included in photos during the activity and used by Sustrans, **please tick this box**

Please return consent form asap