



cyclinginstructor.com

## **Southwark Bikeability Holiday and Half Term Cycling Courses**

### **Pre Course Information, Booking and Consent Forms**

This information sheet tells Parents/Guardians about the course and the actions they need to take to ensure their child can participate and gain the most benefit from doing so.

### **The Course**

The Half Term & Holiday courses are the same as the regular Cycling Courses Cyclinginstructor.com runs in the borough of Southwark. Participants gain the skills and confidence to make an on road journey to and from school using quiet roads.

It uses an incremental training scheme based on the levels established by the National Standard for Cycle Training and is as realistic as possible.

The course uses combinations of demonstration, drills and games to impart and embed the required knowledge and skills.

When ready, trainees cycle on road accompanied by the Instructors to the various drill sites and learn how to interact with other road users in a safe and responsible manner.

The course is fun and enjoyable.

### **Age Range**

Courses are only suitable for Year 5 and 6 pupils

### **Numbers**

18 trainees can be trained on each course. 9 in the morning and 9 in the afternoon.

### **Ability**

Trainees must be able to cycle unaided

### **Attendance**

Trainees must attend either in the morning or in the afternoon, every day the course runs. They may not swop between the two. Training is incremental and sequential. If trainees do not attend one session, they may not be able to take part in following sessions.

### **Equipment**

Trainees must have their own bikes

Bikes must be in a roadworthy condition

Helmets are worn at parents discretion.

If a helmet is worn it must be suitable for on road cycling.

The helmet should conform to BS BS EN 1078:1997. Full face helmets designed for BMX riding are not acceptable as they restrict the riders' ability to look behind them properly.

We supply Hi – Viz tops which must be returned at the end of the course

### **Behaviour**

We require good behaviour from all trainees. If instructors believe a trainee may be a danger to themselves or the group, the instructor may exclude the trainee from the course. The Instructors' decision is final.



Cycling Instructor Ltd

Registered Office: 74 Munster Road, Fulham, London SW6 4EP

Telephone: +0845 652 0421

Fax: 0845 652 0421

VAT 888564062

Registered in England & Wales No. 5519848





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#### **Schedule**

Courses take place on consecutive days.

Morning	11.00 – 13.00
Afternoon	13.30 – 15.30

#### **Cost**

Courses are free. Paid for by LB Southwark.

#### **Cancellation**

If a course has to be cancelled, we will contact you by telephone. Please make sure you put a mobile phone number on your consent/booking form.

#### **What to wear**

Trainees need to be appropriately dressed for the weather that day.

#### **Consent Forms**

All trainees must have a consent form signed by a parent or guardian to participant in training. This is not negotiable. It is a requirement of LB Southwark. No consent form, no training.

#### **Bikeability**

This course and Cycling Instructor Ltd is Bikeability accredited.

Trainees will receive a printed certificate and badge. These are posted to your home address, after the course is completed. Please ensure your address is on the consent form and is easy to read.

*Unless trainees attend every session of the course, it is unlikely they will achieve the level needed to receive an award.*

#### **What you need to do.**

Complete the attached Consent and Booking forms and return to us, using the contact details below, by Email, Fax or post.

#### **Contact**

Cycling Instructor Ltd  
74 Munster Road  
Fulham  
London  
SW6 4EP

[www.cyclinginstructor.com](http://www.cyclinginstructor.com)

[info@cyclinginstructor.com](mailto:info@cyclinginstructor.com)

T. 0845 652 0421

F. 0207 691 9759

#### **About Us**

Cycling Instructor Ltd is the appointed contractor for Cycle Training for the LB Southwark. Our Courses are Bikeability Accredited and we are accredited as an ITO (Instructor Training Organisation) by the DfT.

If you would like more information, please contact us using the details above or Mr Gareth Tuffery, Road Safety, LB Southwark, [gareth.tuffery@southwark.gov.uk](mailto:gareth.tuffery@southwark.gov.uk), 020 7525 5566

This document is a brief summary of key points, there is more information on our website.

[www.cyclinginstructor.com](http://www.cyclinginstructor.com)



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## Peckham Rye Adventure Park, Holiday and Half Term Courses *Booking Form*

### Times

AM 11.00 – 13.00  
PM 13.30 – 15.30

### Dates

Please ✓ either AM or PM

Year	Month	Mon	Tues	Wed	Thurs	Fri	AM	PM
2012	Aug		28	29	30	31		

### Where to meet

Please meet near Peckham Rye Adventure Park. Instructors will be wearing cyclinginstructor.com tabards

Homestall Road, SE22 0SB

I confirm that my child will attend at the times and dates I have indicated above.

I will drop off and pick up my child promptly. During the session, I will remain close by in the Park.

Signed	
Print	
Date	



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## On Road Consent Form for Peckham Rye Adventure Park Courses

Dear Parent/ Guardian

Your child will be taking part in an on road cycling course. This form must be completed and sent to Cycling Instructor Ltd before they can take part in the training

I ( **name of parent or guardian**): (Please Print)

Consent that my child can take part in a cycle training course

**Name of Child:**

**Child's Age:**

Address Line 1

Address Line 2

Address Line 3

Postcode

During the course my child will

**Wear Hi-Viz clothing supplied by Cycling Instructor Ltd**

**My child WILL / WILL NOT wear a helmet** (circle)

Helmets will NOT be provided by Cycling Instructor.

**Medical or Behavioural conditions that the Instructors should be aware of:**

### I agree that:

I will supply a roadworthy bicycle for my child

I will tell Cycling Instructor Ltd about any medical or behavioural conditions my child has that may affect the training course.

Taking a cycling lesson does not mean that it is safe for my child to cycle or fix a bicycle in all circumstances. To become a proficient cyclist or mechanic takes more practice than lessons of this kind can provide.

Training takes place on the road.

I should think about personal accident insurance for my child.

Cycling Instructor Ltd is not responsible for any injury, loss or damage, which may occur during the journey to or from these courses.

My child may be photographed during this course and the image could be used in publicity for Cycling Instructor Ltd and the funding organisation.

**Signed :**

**Date :**

**Telephone number (s):**

**Mobile:**

**Email:**



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