



Learn to Ride Session Information Year 1 - for complete beginners

Dear Parent/Carer,

As part of your school's involvement with the Sustrans Bike It project, your child has the opportunity to take part in 'Learn to Ride' sessions. Each child participating will do either two 45-minute sessions or one 1-hour session. These sessions are **free** and will run during the normal school day. N.B. The sessions are designed to guide a child who is 'unable to cycle without stabilisers' or **is still learning to balance** on a bike (i.e. wobbly)'.

Date: Monday 11th November

Where: School Playground

The session will be supervised by Denise Thomson, our school Bike It Officer.

ESSENTIAL INFORMATION

- Your child's bike must be in **good condition** (as there is no time to do maintenance), **the saddle must be easily adjusted** in height & the **pedals are well lubricated and easily removed**. The pedals will need to be removed during these sessions.
- **Please REMOVE the stabilisers BEFORE bringing the bike to school.**
- It's advisable to wear cool, close-fitting shorts or trousers (so they do not get caught in the pedals) and a smile! All riders will need to wear a correctly fitting cycle helmet to take part in the session.

If you wish for your child to take part, please complete the form below, and return to the school office by: **Friday 25th October**. If your child does not have access to a bike, please indicate below as we may be able to provide a bike.

Thank you.



Please return this slip to the school office if you wish your child to take part and please also complete the attached photo consent form. Thank you.

Name of your child: _____ Class: _____

I give permission for my child to take part in the 'Learn to Ride' sessions.

Please tick ONE of the following boxes to indicate your child's current cycling ability:

- My child cannot cycle at all
- My child cannot cycle without stabilisers at the moment
- My child can cycle but is still learning to balance, so is wobbly

Please indicate here if your child is able bring their own bike:

- Yes**
- No**

If no, please indicate your child's approximate height here (this is to ensure that we have suitable bikes):

- My child is _____ cm tall.

Date:

Signed: _____ Please state your relationship to the child: _____

- I understand all of the essential information listed above
- If providing your own bike, please make sure that the saddle can be easily adjusted in height & that the pedals are well lubricated and easily removed. The pedals will need to be removed temporarily during this session.



Photo/video/audio consent form

We love to record our activities - it helps promote our work and get more people walking, wheeling and cycling.

Project name: BCP School Streets, Bike It Plus and Air Quality

Photo/video/audio may be used by:

- Sustrans
- People we work with – Bournemouth Christchurch and Poole Council, your school

On the following platforms:

- Social media and other digital channels like websites
- Local or national news
- Print or digital publications
- For promotion of our activities for current or future funders

We may share your photo / video / audio and this consent form with BCP Council, as joint controllers. The lawful bases for sharing is consent.

There is no time limit on usage. However, we aim to phase out or archive images, audio and footage after six years.

This consent will cover your whole involvement in the project. For example, if you are regularly attending a weekly led walk or cycle only one form needs to be completed.

Your right to have images removed

You have the right to ask us to remove any images of you if you don't want them kept or shared. If you want images to be removed, please email Sustrans - dataprotection@sustrans.org.uk and BCP Council information.governance@bcpcouncil.gov.uk

Contact Details

Name of person in photo(s):

Parent/Guardian name (if model is under 18):

Email:

Telephone number:

Your signature (or parent/guardian signature if under 18):.....

Date:

We are committed to protecting your personal data. For information on how we do this, see our privacy notices at www.sustrans.org.uk/privacy and www.bcpCouncil.gov.uk/Privacy

Sustrans use only

Borough/town/city: BCP	Project name: Bike It	Date range:	Project/Comms Officer:
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