

SAFER CYCLING TRAINING SCHEME

THIS FORM MUST REACH THE ROAD SAFETY OFFICE, STANTON VILLAS, STANTON WAY, HUNTINGDON, CAMBS, PE29 6XL, AT LEAST THREE WEEKS BEFORE START OF COURSE
(Send by post, school bag or fax 01480 376702)

Safer Cycling Training Courses will take place at:
(PLEASE PRINT)

School

Please circle your area

Fenland South Cambs East Cambs Hunts Cambridge City

Conducted by New Instructor please tick
.....
.....
.....

Please ensure accurate dates and times are given, as monitoring visits will be arranged on the basis of this information.

on (dates) at (time)
.....
.....
.....
.....

How many children will be taking part in the lessons, weather permitting
Number of children's fluorescent tabards required
Number of Instructor tabards required
Any other materials, please give details

N.B. If dates change, to avoid wasted journeys please contact the Road Safety office: 01480 376718

FOR OFFICE USE ONLY:

FM1.REC MAT.SNT DEL/VAN MR.DATE

SAFER CYCLING SCHEME CONSENT FORM

Dear Parent/Guardian

This course is designed to develop your child's road sense, traffic awareness, and to improve their ability to ride safely. The course will be run by trained Instructors and will in the main take place on the public highway.

To take part on the course

- **Your child must be at least 10 years old**
- **Have a roadworthy bike**, with working brakes, good tyres, red rear reflector and correct size i.e the rider should be able to sit on the saddle and touch the ground with toes of both feet.
- **Be able to ride a bike and have good balance and control.**

You are advised to provide a helmet. It is important that the helmet is fitted and worn correctly. Some simple tips on ensuring a good fit are below.

During the course your child will receive literature to be completed at home, and your support in going through this with your child will help him/her to develop road safety skills, knowledge and attitudes much more effectively.

The cycling Instructors reserve the right to refuse any trainee who does not meet any of the above conditions or whose behaviour is disruptive. It is important that Instructors commands are acted upon promptly in order to ensure the safety of your child and the other children in the group. There will be a ratio of no more than 10 children per Instructor and where possible the training will take place on quieter roads but it is impossible to guarantee traffic situations.

If you wish your child to participate in the course please complete and sign the form below and return it to school. Please inform the Instructor if your child has any special needs or medical conditions so that if possible appropriate help may be given.

Fitting a cycle helmet

Measure the head around it's circumference, about one inch above the eyebrows.
Match your head size to the size of the helmet (printed in the helmet, on the label or on the box)

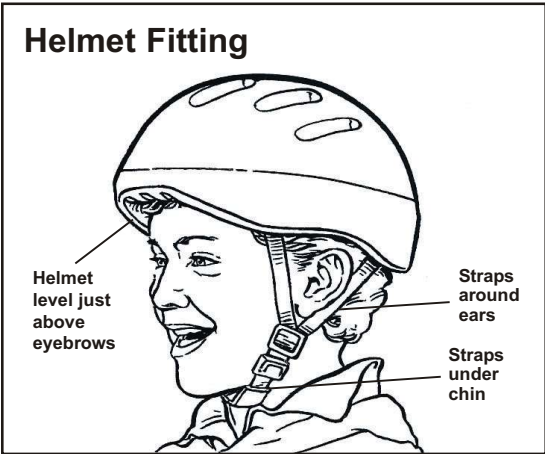
Place the helmet squarely on your head and fasten the straps.
If it's loose, use the pads or straps to get a close fit.
It should feel snug all the way round, but not too tight.

Once the pads are fitted, place the helmet back on your head.
Keep it level, about one inch above the eyebrows and adjust the outside straps, so there is no slackness.

The front strap should be as vertical as possible.
The rear strap should join the front strap, just under the ears.

Fasten the buckle, which should rest under the chin, not the jaw line.

Try to move the helmet about on your head.
It should not move very much.



THE SLIP BELOW MUST BE RETURNED TO THE INSTRUCTOR BEFORE YOUR CHILD CAN GO ON THE ROAD

I have read the above conditions and advice. My child is 10 years or over. The bicycle my child will be riding is roadworthy and the correct size. I give consent for my child to receive on road training.

PLEASE PRINT

CHILD'S NAME.....AGE.....

ADDRESS.....

EMERGENCY CONTACT PHONE No.

MY CHILD OWNS A HELMET YES/NO(Please delete as appropriate)

SCHOOL.....

NAME (Mr/Mrs/Ms/Miss)SIGNATURE.....

Parent/Guardian

DATE