

Hawthorn Community Primary School

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3rd November 2021

Dear Parents/Carers

Thank you for agreeing for your child to take part in our free Bikeability sessions during week commencing 8th November.

The children will be split into three small groups with a qualified instructor who will provide tuition on staying safe on the roads. The first session (Level 1) will take place in the school playground. If your child passes this session they will then have the following three sessions (Level 2) on the local roads.

Please see the covering email which tells you which group your child is in.

Group A

Monday 8 th November (am)	Level 1	Playground
Monday 8 th November (pm)	Level 2	On the road
Tuesday 9 th November (am)	Level 2	On the road
Tuesday 9 th November (pm)	Level 2	On the road

Group B and Group C

Wednesday 10 th November (am)	Level 1	Playground
Wednesday 10 th November (pm)	Level 2	On the road
Thursday 11 th November (am)	Level 2	On the road
Thursday 11 th November (pm)	Level 2	On the road

For each session the children will need to come to school with their bike and helmet. Please consult the Bikeability Bike Checklist (attached) carefully to ensure that your child is able to participate. We will store the bikes on the school cycle racks however we do ask that a lock is provided to ensure they are safe whilst on the school site. Please take your bikes home at the end of the day as we cannot guarantee their safety overnight.

If you have any questions about Bikeability please feel free to contact me.

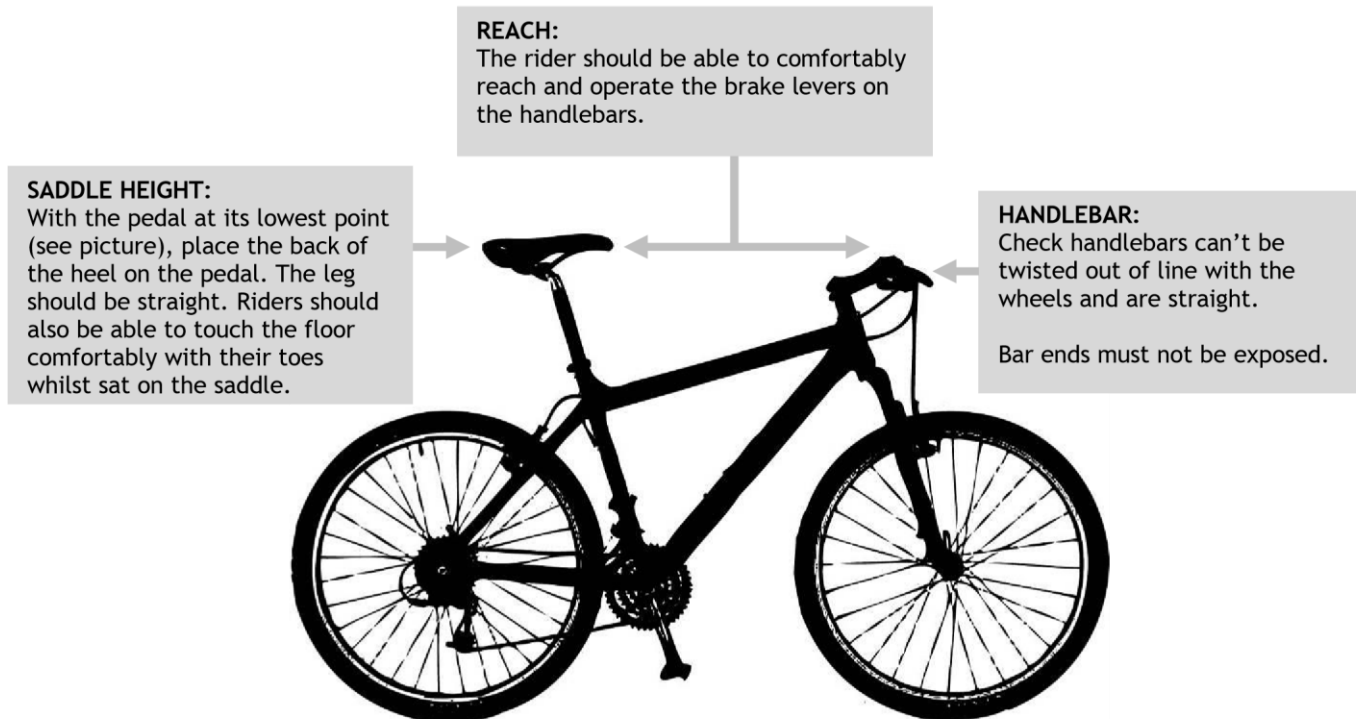
Thank you.

A handwritten signature in black ink that reads "C. Billingham".

Catherine Billingham
Deputy Headteacher

Bike & Helmet Checklist – Compulsory Helmets

Fitting



Checklist

- 1. **Mechanical Conditions:** Are all the parts tight and in good repair?
 - 2. **Frame:** Check that the frame fits your child
 - 3. **Tyres:** Are they fully inflated with plenty of tread and no bald patches?
 - 4. **Wheels:** Check spokes are not broken or loose and that both wheels run freely.
 - 5. **Chain & Gears:** Is the chain oiled and not too loose or too tight? Check all gears can be changed easily. Fixed gear bikes are allowed.
 - 6. **Brakes:** Does the bike have two working brakes which stop the cycle with the minimum amount of pull on the brake levers?
 - 7. **Brake Levers:** Are the brake levers positioned so your child's fingers curve easily around them whilst the palm of their hand is on the grips?
 - 8. **Saddle:** Is the saddle straight, roughly horizontal and the correct height for the rider?
 - 9. **Seat Post:** Is the saddle the correct height for the rider with the seat post tight and not over the maximum limit?
 - 10. **Helmet:** Have you checked for cracks, frayed straps and that it conforms to BS EN 1078:1997 or equivalent?
- Please note BMX bikes can be used on this course if the bicycle has two working brakes.