

# Stanford School



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4<sup>th</sup> October 2017

Year 5 Bikeability 5<sup>th</sup> and 6<sup>th</sup> October 2017

## **Clothing and Footwear**

Suitable clothing should be worn depending upon weather conditions. Hats or hoods may be worn however it must be possible for the child to wear a helmet on top. They also must not impede vision. Clothing must be comfortable as children will be cycling for the majority of their time on the course. Tracksuit bottoms or other such loose and comfortable clothing may be worn with a school jumper or cardigan. Footwear should be appropriate strong flat shoes or trainers.

## **The Course**

The course will take place in 2 levels. Level 1 will take place on the school playground. Level 2 will take place on quiet roads local to the school. Occasionally it may be that roads slightly further afield have to be used. In the event of this happening a risk assessment and a route assessment will be carried out by the instructors and children will be escorted safely to the alternative venue. During the last session of the course, children are often taken on a 'ride around' to practice the skills and apply the knowledge gathered over the previous sessions in a realistic environment. This is fully risk and route assessed beforehand and the school are informed of all routes used.

## **Hi – Vis Vests**

Hi Vis Vests must be worn for the duration of the course and these will be supplied by Sports Development during delivery.

## **Helmets**

Helmets must be worn for the duration of the course. All helmets are to be checked at the beginning of every cycling session for correct fit and any signs of damage.

**Mrs L Hackfath**  
**Headteacher**