

St Matthias Church of England Primary School

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Executive Principal: Sian Davies • Headteacher: Lucy Blewett



Thursday 4th July 2024



Dear Parents and Carers,

We have been given the excellent opportunity to provide **free Bikeability Training at Levels 1 and 2 to our children in year 5 in October 2024** (the current year 4 class).

The date for Bikeability will be from **Monday 7th October to Friday 11th October 2024** and will be **in school, with some pupils having sessions on local roads, if instructors feel they are ready for this**. This safe, structured and standardised programme is designed to make your child a more competent cyclist and prepare them for cycling on the road.

This cycle training is **provided to all children in year 5 unless you actively opt out of this**. Children who can bring in their own bikes are encouraged to do so, provided they are the right size and in a roadworthy condition. This enables them to learn on a bike they are familiar with. If this is not possible, limited bikes are available to borrow.

For more detailed information about this training click [here](#).

Ms Martin
Deputy Headteacher

Please return to school by next week:

Child's name: _____
Signed: _____

- I give permission for my child to take part in Bikeability
- I DO NOT give permission for my child to take part in Bikeability
- My child has to wear a helmet and I will provide this
- My child DOES NOT HAVE TO wear a helmet
- My child will bring their own bike
- My child will share their bike with another child from their class, if needed

Information on helmets

Further Information on Helmet Wearing – Supplied By Hackney Council

First and foremost it is not a legal requirement to wear a cycling helmet in the UK.

Highway Code Rule 59

“You should wear a cycle helmet that conforms to current regulations, is the correct size and securely fastened. Evidence suggests that a correctly fitted helmet will reduce your risk of sustaining a head injury in certain circumstances.”

It is a personal choice whether to wear a cycle helmet or not, and for parents/guardians to make that choice for their children.

Helmets are designed to reduce impact to the head and can be beneficial if you are involved in a collision. However, it's important to remember that cycle helmets don't prevent collisions from happening.

We know cycling has many health, social and environmental benefits. If we are to make the most of these benefits, we need to increase and therefore normalise cycling. Therefore, we strongly support and focus our work on measures that help create and maintain a safe cycling environment by providing training so we can encourage participants to become confident in their cycling skills and road awareness in order to reduce collisions taking place. There have been many discussions about the use or none of helmets and different pieces of research and evidence either for or against compulsory use of helmets. (**below are some useful links)

To use or not to use... that is the question

If the decision is to use a helmet, then it is important it is fitted correctly. There is a lack of information available to consumers on the ideal choice and standard needed. However, three considerations could help any decisions that need to be made:

- Try before you buy
- Get the right fit and comfort
- Make the safest possible choice

If the decision is not to use a helmet, that is perfectly fine as well - as it is your choice and yours alone.

Links (external sites and resources from other organisations)

<https://www.sustrans.org.uk/our-blog/policy-positions/all/all/our-position-on-the-use-of-cycle-helmets>

<https://www.rospa.com/getmedia/00aa52fa-23ef-4c1e-b8cb-99cba7cc8ffb/Cycle-helmet-revised-0523.pdf>

<https://www.cyclinguk.org/campaign/cycle-helmets-evidence>

<https://www.roadsafetytrust.org.uk/cycle-helmets-project>