



24th March 2021

Dear Parent,

P.7 CYCLING PROFICIENCY

You will be aware through media coverage and publicity campaigns that the Public Health Agency recommends children need to do moderate to vigorous intensive activities for at least 60 minutes daily. Cycling is a good way to increase physical activity and is a healthy, fun way of encouraging children to enjoy the outdoors but learning to ride safely gives them a life skill if they continue to cycle into adulthood.

The Cycling Proficiency Scheme (CPS) has been running in Northern Ireland for approximately 45 years and almost 450,000 children have received training during this time. The scheme is being offered to your child by this school from **Tuesday 20th April 2021 for 9 Tuesday afternoons from 3-4pm (see dates overleaf)**. There will be no charge for the training which will be conducted within the safety of the school grounds by a member of the teaching staff who has been approved by the Department for Infrastructure (DfI). The training will necessitate participating children to attend each session which will last 1 hour after school (with possible additional sessions within school hours).

Children will learn basic roadcraft with the training including issues such as proper road positioning, signalling, stopping/starting, right/left turns, overtaking, passing side roads, negotiating traffic lights, and performing a controlled (emergency) stop. Assessment will be of a continuous nature during the practical sessions with a theory test at the end of the scheme.

Each child participating **must already be able to ride a bicycle**. This scheme is to help equip them with the knowledge and skills to cycle safely. **They will be required to provide a roadworthy bicycle which fits them appropriately and wear a properly fitted helmet for the practical sessions. Please check your child's bicycle and helmet against the accompanying information provided and make any necessary adjustments before your child starts the scheme.**

If you are interested in your child participating in Cycling Proficiency, please complete and return the accompanying consent form to the class teacher on, or before, **Friday 26th March 2021**.

It is hoped that following successful completion of the course, parents will consider using cycling as a mode of travel for their child to and from school (where applicable). This has the potential for many benefits including:

- ✓ Encouraging independence and building confidence;
- ✓ Being good for the environment;
- ✓ Reducing congestion - especially around school gates, making it safer; and
- ✓ Providing an active start to the day, with children being more alert in lessons.

65 Carolhill Park, Ballymena, Co. Antrim, BT42 2DG
T: 028 2565 2940 E: info@camphillps.ballymena.ni.sch.uk
Principal: Mrs K.M.E. McMaster BEd.(Hons) D.A.S.E. MEd. PQH (NI)



Parents are reminded that how their child(ren) travels to/from school is ultimately the responsibility of parents.

Yours sincerely,

Miss. A. Scott

Miss A. Scott (Vice-Principal)

Dates for training: Tuesday 20th April, 27th April, 4th May, 11th May, 18th May, 25th May, 1st June, 8th June and 15th June.

(Your child must be able to attend all training sessions and have a roadworthy bike and properly fitting helmet)

CYCLING PROFICIENCY SCHEME

PARENTAL CONSENT FORM

As parent/guardian I grant permission for _____ (child's name) to undertake training in the Cycle Proficiency Scheme. I understand the training will necessitate participating children to attend each session which will last 1 hour over an 9 week period commencing **Tuesday 20th April from 3-4pm.**

I confirm that he/she is already able to ride a bicycle and understand that this scheme is to help equip them with the knowledge and skills to ride more safely. I undertake to ensure they present a roadworthy bicycle and a properly fitted helmet for each lesson. I understand that the school will take no responsibility for any loss or damage to bicycles during their stay in school.

Signature of Parent / Guardian: _____

Name of Parent / Guardian: _____

Date: ____ / ____ / 20____

If your child is taking part in the scheme please indicate below how you intend your child to return home from school in the afternoon after the lessons.

A.) I will be collecting my child from school on the days the bicycle is needed in school.

OR

B.) I allow my child to cycle home unaccompanied.

Please remember riding on the road can be extremely hazardous and we would encourage you to collect your child.

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