Mundesley Infant and Junior School

01263 720401

office-mijs@aimfederation.org

Trunch Road, Mundesley, NR11 8LE

AIM Federation: Small schools, big opportunities

Tuesday 4th March 2025

Dear Parents/Carers,

Bikeability Course Information - Mon 17th to Thurs 20th March 2025

You are receiving this letter as you have consented to your child taking part in this year's Bikeability course which starts W/C 17th March 2025.

Before the course, Bikeability strongly recommend pupils read the cycling, road signs and road marking sections of the web-based, Tales of The Road booklet.

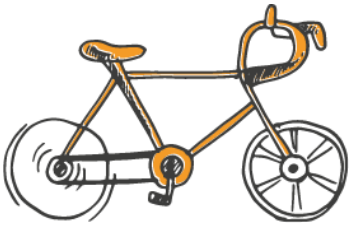
On the reverse of this letter is the Bikeability checklist for you to ensure your child's bike and equipment meet the standards required for the course. If the cycle is not road worthy then they will not be able to participate.

Please ensure children bring in their bikes each day and leave them in the bike shelter at the side of the Junior school building. As a reminder for safety reasons cycles are not to be ridden onto/off school grounds, they must be pushed.

Please contact the school office on 01263 720401 if you have any questions.

Kind Regards

Sophie Bugg
Head of Schools MIJS



Bikeability Checklist

Outspoken! Training

Please check your child's cycle before the start of the course. If the cycle is not roadworthy, pupils won't be able to participate in the course. Faults are often easily fixed but occasionally a new part from a bike shop is required so please check your child's cycle well in advance.

Cycle Checklist

Please tick off the cycle, helmet and clothing checks below:

1. MECHANICAL CONDITION:
Are the saddle, handlebars and wheel fixed on tight? ☐

2. FRAME & SEAT POST:
Is the frame the appropriate size for your child?

Can your child comfortably touch the floor with their toes whilst sat on the saddle? ☐

3. BRAKES:
Does the cycle have a working front and rear brake capable of stopping the cycle?

Can your child comfortably reach and operate the brake levers? ☐

4. TYRES:
Are both tyres inflated to the required tyre pressure stamped on the side of the tyre? ☐

5. CHAIN:
Have you cleaned and oiled the chain? ☐

6. GEARS:
If present, do the gears change smoothly without any delays? ☐

Did you know? Many local bike shops offer free cycle checks for Bikeability participants.



For advice and videos on checking cycles, helmets, and clothing before a course, please visit our website: www.outspokentraining.co.uk/parental-information/

Helmet Checklist



☐ 1. Does the helmet conform to BS EN 1078:1997 or equivalent (check sticker inside the helmet)?

☐ 2. Does the helmet sit comfortably on the top of your child's head?

☐ 3. Is the peak of the helmet sitting about two finger widths from your child's eyebrows?

☐ 4. Do the side adjusters sit just below your child's ears forming a nice V on either side of their head?

☐ 5. When done up, does the chin strap allow for two fingers to fit between the buckle and your child's chin?

Clothing Checklist

PLEASE ENSURE YOUR CHILD HAS A WAY OF CARRYING WATER BOTTLES, MEDICATION, ETC SUCH AS A BACKPACK.

If your child has their own Hi-Viz, please send this to school with them so they can wear this for training.

Please ensure that your child will be dressed appropriately for the weather conditions each day:

1. **WINTER:** Gloves, a coat and extra warm clothes to wear during the training.
2. **SUMMER:** Sun cream and a water bottle.