



October 2017

Dear parents/guardians,

RE: Mountain bike ride at Whinlatter on Sunday 12th November 2017

Preparations for the upcoming mountain bike ride are nearly finished. Within this letter you should find all the information you need about the day.

Pupils will need to arrive at school on **Sunday 12th November** at 8:00am for a 8:15am departure. We aim to finish the final ride by 1:00pm and return to school no later than 2:00pm.

After arrival at Whinlatter Forest Park, we will park the mini bus and prepare for the day's ride. The day will be split into two rides, a shorter morning ride where we can assess the pupils' abilities and cover some basic coaching and dependent upon the group's ability level, the blue or south red route after that. All routes have been ridden by both Mr Gee and me previously.

Pupils will need snacks for the day; however they may also want to bring some money as we may stop in the café at Whinlatter, if time allows.

If your son/daughter does not own a mountain bike then they are available to hire from Cyclewise Mountain Bikes at a cost of £20 for the half day.

This visit is offered as an extra opportunity for pupils, over and above the usual curriculum, by staff that are prepared to devote extra time to plan, lead and support it to enable pupils to benefit. Your appreciation of this, and that of your son/daughter, is very much valued. School reserves the right not to take individual pupils on visits, especially where there may be concerns about their behaviour and/or attendance.

The school has a blanket insurance policy covering medical, disruption and personal injury. Excesses do apply and there are exclusions. The full policy is available for inspection at school. A risk assessment of the visit has been completed and is available for inspection on request.

Emergency contact communications exists between the school and the leading staff, however if you are trying to make direct contact with your child it is likely that mobile phone coverage will be very limited. In an emergency we would ask you to contact Ms Schafer on 07708589025, who would in turn be able to contact the group.

On the reverse of this letter there is a kit list. If you have any other questions please do not hesitate to contact me.

Yours faithfully,

Mr Young
Subject Lead, PE



Kit list

Snacks
Money in case we stop at café/shop

Clothes to ride

Shorts/tracksuit bottoms (padded if they have them, no jeans)
T shirt
Warm top
Helmet - **NO HELMET, NO RIDE**

Other clothes to ride in

Sturdy shoes (trainers will be fine, no flip flops or sandals)
Warm hat
Gloves
Sunglasses (wishful thinking!)
Waterproof trousers and top

Items for the ride

Bag to carry
Water bottle
Spare inner tube for their bike (make sure it's the right size for their bike)

General clothing

At the end of the ride pupils may be wet and muddy. They will need to bring a full change of clothes for after the ride to travel home in.

Medication - clearly marked and handed to a member of staff before leaving