



October 2017

Dear parents/guardians,

**RE: Mountain bike ride at Whinlatter on Sunday 3<sup>rd</sup> December 2017**

After a fantastic trip on Sunday 12<sup>th</sup> November, we are organising another mountain bike ride at Whinlatter on Sunday 3<sup>rd</sup> December 2017. Within this letter you should find all the information you need about the day.

Pupils will need to arrive at school on **Sunday 3<sup>rd</sup> December** at 8:00am for an 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 ride concentrating on some of Whinlatter's vast network of fire roads and the blue route and a more adventurous, technical ride covering Whinlatter's now infamous north and south red routes. All routes have been ridden previously by both Mr Gee and me. 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. The cost of the trip will be £5, this covers car parking and fuel for the vehicles.

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.

Yours faithfully,

Mr Young  
Subject Lead, PE



### **Kit list**

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

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.

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## **Mountain bike ride at Whinlatter on Sunday 3<sup>rd</sup> December 2017**

Name of Child: \_\_\_\_\_

I give permission for my child to take part in the MTB trip to Whinlatter on **Sunday 3<sup>rd</sup> December 2017**. I will collect my son / daughter at 2pm **OR** my son / daughter will walk home at 2pm.

I enclose £5 for the trip.

Parent/guardian signature: \_\_\_\_\_