



September 2018

Dear Parents/Carers,

**RE: Mountain Bike Club 2018**

After a fantastic challenge last summer and the unforgettable Tour of Britain we are hoping to keep the momentum going with a weekly mountain bike club.

Each Thursday up until half term (Friday 19<sup>th</sup> October) we will be running a mountain bike club at Whinlatter forest park. We will leave school at 3:30pm and aim to arrive back to school by 6:30pm

This club is open to all students regardless of ability or experience at mountain biking. The club will be run by fully qualified cycling guides and groups will be split to ensure the ride is appropriate for the students.

If your son/daughter does not own a mountain bike then we have a small fleet of mountain bikes at school available, if required please see Mr Young.

This visit is offered as an extra opportunity for students, over and above the usual curriculum, by staff that are prepared to devote extra time to plan, lead and support it to enable students to benefit. Your appreciation of this, and that of your son/daughter, is very much valued. School reserves the right not to take individual students 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.

Yours faithfully,

Mr Young  
Bike club organiser

## **Kit list**

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

Snacks

### **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 students may be wet and muddy. They will need to bring a full change of clothes for after the ride to travel home in.

**Lights (if you have them).**

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## **Mountain Bike Club 2018**

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

I give permission for my child to take part in the MTB club 2018. I will collect my son / daughter at 6:30pm **OR** my son / daughter will walk home at 6:30pm. *(please delete as appropriate)*

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