

17th November 2020

Dear Parent/Carer

RE: Mountain Bike Club 2020

After a fantastic challenge last summer and a great start to the year with some coached sessions and some indoor training we are hoping to keep the momentum going with a weekly mountain bike club.

Every other Monday 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. These rides will take place mainly in the dark using our new sets of very bright mountain bike lights. The club will be run by fully qualified cycling guides and coaching will be given to help improve riders ability where appropriate.

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

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

Waterproof trousers and top

Items for the ride

Bag to carry

Water bottle

Snacks

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.

Mountain Bike Club 2020

Name of Child: _____

I give permission for my child to take part in the MTB club 2020 I will collect my son / daughter at 6:30pm **OR** my son / daughter will walk home at 6:30pm.
(Please delete as appropriate)

Parent/carer signature: _____