

Dear Parent/Carer,

Southend Bikeability Courses

Please find below information from Southend Borough Council regarding Bikeability courses they are running during half-term.

We have a programme of cycle training for children during October half term which we would really appreciate you circulating to the families at your school. The details are:

Level 1 Bikeability

Level 1 Bikeability is suitable for children aged 6 years of age and above that can ride a bike unaided (no stabilisers). The 1 hour course builds on the basic cycling skills and prepares cyclists for Level 2 Bikeability. In order for your child to take part he or she needs to have their own bike and helmet.

Due to Covid-19 these sessions will be on a 1:1 basis (or family bubble with a maximum of 2 children) and a parent/guardian must attend the session too.

These sessions take place at Chalkwell Park AND Southchurch Park on Wednesday 28 October 2020, morning and afternoon sessions are available. Cost £30.

Level 2 Bikeability

Level 2 Bikeability is suitable children aged 10 years of age and above who want to build on their cycling skills in order to make a simple journey on the road. The 2 hour session covers skills such as starting and stopping a journey, passing parked vehicles, road positioning and what to do at a T-junction. In order for your child to take part he or she needs to have their own bike and helmet and have good bike control skills.

Due to Covid-19 these sessions will be on a 1:1 basis (or family bubble with a maximum of 2 children) and a parent/guardian must attend the session too preferably with a bike and helmet.

Dates: Chalkwell Park: Monday 26 October 2020, 10:00 – 12:00 or 13:00 – 15:00 and Southchurch Park Tuesday 27 October 2020, 10:00 – 12:00 or 13:00 – 15:00 Cost: £55

Level 3 Bikeability

Level 3 Bikeability is suitable for those who have already completed Level 2 (essential) and wish to be able to travel on busier roads including filter lanes, traffic lights and roundabouts.. The syllabus also looks at route planning. Your child must have their own bike and helmet for this 2 hour session.

Due to Covid-19 these sessions will be on a 1:1 basis (or family bubble with a maximum of 2 children) and a parent/guardian must attend the session too with a bike and helmet.

Dates: Chalkwell Park: Monday 26 October 2020, 10:00 – 12:00 or 13:00 – 15:00

Southchurch Park Tuesday 27 October 2020, 10:00 – 12:00 or 13:00 – 15:00

Cost: £55

For more details about Bikeability please check out www.bikeability.org.uk.

Learn to Ride session suitable for all ages

The sessions will be on a 1:1 basis with an accredited instructor for 45 minutes. Due to COVID 19 the parent/guardian will give the physical assistance whilst the instructor stands at the required social distance and will give training guidance. Your child must have a bike and helmet for the training session.

These sessions take place at Chalkwell Park AND Southchurch Park on Wednesday 28 October 2020, morning and afternoon sessions are available. Cost £30.

To make a booking for any of these sessions please go our website www.forwardmotionsouthessex.co.uk and click on 'get involved/events'. For more details or queries please email us at hello@forwardmotionsouthessex.co.uk.

Kind regards,

Hamstel Infant School & Nursery