

# Cycle Training for All



## Cycle Safety Training Course

Dear Parents/Guardians,

Our school is staging a course in cycling safety training run by Irish Centre for Cycling.

The course is aligned to **CYCLE RIGHT**, the National Standard for Cycle Safety Training in Ireland, and is delivered by qualified trainers from the national register.

The training will prove invaluable to everyone. For those who already cycle to school, the benefits are obvious, but training is just as important for children who cycle only at home and during the holidays. In fact, everyone who will ever get on a bike needs to learn the safety skills required to assess situations on the road and to how to react to them.

Also, by teaching children to cycle safely, and by encouraging them to cycle in the course of their daily lives, we are putting in place the habit of exercise – at a time when lack of exercise in our youngsters is a growing cause for concern.

The course will consist of both practical and theoretical sessions with the pupils. Topics covered will include: safe equipment; rules of the road; starting and stopping; road positioning; shoulder checking; turning left and right; overtaking and traffic manoeuvres, and, where appropriate to the group, trainer-led on-road training.

The emphasis of the course is on safety through control of the bike and awareness of surroundings. It will be very beneficial to trainees to have the opportunity to practice between sessions as this will more quickly develop the core bike handling skills needed for cycling on the road.

At the end of the course, each child will receive a certificate of participation.

The cost of the course, which will be significantly supported by The Department of Transport, Tourism and Sport, will cost the school €15.00 per pupil.

PLEASE ENROL MY CHILD IN CYCLING SAFETY TRAINING

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<b>SCHOOL:</b>	
<b>CHILDS NAME:</b>	
<b>GENDER:</b> Male                  Female	<b>DATE OF BIRTH:</b> /                  /
<b>MOBILE*:</b>	<b>EMAIL*:</b>
*For a child/young person these details should be those of the parent, guardian or carer.	
<b>CHILD'S CURRENT CYCLING ABILITY:</b> Non-Cyclist <input type="checkbox"/> Nervous <input type="checkbox"/> Good <input type="checkbox"/> Very Good <input type="checkbox"/>	
<b>DISABILITY:</b> The Disability Discrimination Act 1995 defines a disabled person as anyone with 'a physical or mental impairment, which as a substantial long-term adverse effect on his or her ability to carry out normal day-to-day activities.'  <b>Do you consider your child to have a disability?</b>  YES <input type="checkbox"/> NO <input type="checkbox"/>  <b>Details:</b> _	<b>MEDICAL:</b> Please detail below any important medical information that our Leader/Co-ordinators should be aware of (e.g. epilepsy, asthma, diabetes, food allergies etc)
<b>EMERGENCY CONTACT DETAILS:</b>	
Please insert the information below to indicate the person(s) who should be contacted in event of an incident/accident.	
<b>Contact Name:</b>	<b>Emergency Contact Number:</b>
<b>PARENT OR GUARDIAN CONTACT DETAILS:</b>	
*Please get a parent or guardian to sign below:	
<b>Name:</b>	<b>Contact Number:</b>
<b>Signed:</b>	<b>Date:</b>