



FAIR OAK JUNIOR SCHOOL

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Interim HeadTeacher: Miss Zoe Loosemore

Deputy Headteacher: Mrs Laura Cooper

Dear Parents/Carers,

Cycle Permit Application Letter

Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages, from young children to older adults. It is also fun, cheap and good for the environment. Cycling is:

- Low impact – it causes less strain and injuries than most other forms of exercise.
- A good muscle workout– cycling uses all of the major muscle groups as you pedal.
- Easy – unlike some other sports, cycling does not require high levels of physical skill. Most people know how to ride a bike and, once you learn, you don't forget.
- Good for strength and stamina– cycling increases stamina, strength and aerobic fitness.
- As intense as you want– cycling can be done at very low intensity to begin with, if recovering from injury or illness, but can be built up to a demanding physical workout.
- A fun way to get fit– the adventure and buzz you get from coasting down hills and being outdoors means you are more likely to continue to cycle regularly, compared to other physical activities that keep you indoors or require special times or places.
- Time-efficient – as a mode of transport, cycling replaces sedentary (sitting) time spent driving motor vehicles or using trams, trains or buses with healthy exercise.

Here at Fair Oak Junior School, pupils wishing to cycle to school need to apply for a school cycle permit and will have to follow the rules set out in our Cycling Code of Conduct which is attached.

If your child is interested and can comply with the Code of Conduct, please complete and return the attached paperwork to Mr Stredwick or the school office. We will collate the responses and your child will be informed as to whether or not their application has been successful.

Children will have to take responsibility for their bike lock keys during the school day and helmets will be stored on their coat pegs.

It is advisable that your child can achieve the following cycling safety standards to take part in this scheme:

- Understand where to ride on roads being used
- Start and finish an on-road journey
- Be aware of potential hazards
- Understand how and when to signal
- Pass parked and slow moving vehicles
- Pass side roads
- Turn left from major to minor and minor to major roads
- Turn right from major to minor and minor to major roads
- Know how and when to use cycle lanes
- Demonstrate clear understanding of a safe riding strategy
- Make a U-turn
- Demonstrate an understanding of the Highway Code

If you have any questions, please contact Mr Stredwick or the school office.

Yours sincerely

Jon Stredwick
(PE Coordinator)

Cycle Permission

If you wish your child to cycle to school, you will need to sign the letter of consent below. When giving your consent you agree to the following conditions:

1. Parents/Guardians have the responsibility of ensuring that children are aware of the following cycle safety standards:
 - Understand where to ride on roads being used
 - Start and finish an on-road journey
 - Be aware of potential hazards
 - Understand how and when to signal
 - Pass parked and slow moving vehicles
 - Pass side roads
 - Turn left from major to minor and minor to major roads
 - Turn right from major to minor and minor to major roads
 - Know how and when to use cycle lanes
 - Demonstrate clear understanding of a safe riding strategy
 - Make a U-turn
 - Demonstrate an understanding of the Highway Code
2. Children MUST wear a cycle helmet
3. Bicycles must be safe and in good working order
4. The cycle should have lights, in working order, during the Autumn and Spring terms
5. We recommend a reflective jacket to ensure children are more visible
6. When arriving at school, cyclists MUST dismount at the campus gate and walk with their cycle to the cycle racks
7. At the end of the school day, cyclists should collect their bikes and walk with their bikes to the campus gate
8. If children need to cross the road, parents/guardians must ensure they know how to do this safely, particularly around busy areas e.g. Botley Road
9. Bicycles should have working brakes
10. Pupils must bring a lock of their choosing to school in order to secure their bike to the racks during the school day
11. The school does not accept responsibility for the safety of children outside of the school premises
12. The school does not accept any liability for damage to, or theft of the cycle, whilst on the school premises
13. The school maintains the right to refuse or withdraw permission for the cycle to be kept on the school premises if any of the above conditions are ignored.
14. Your child will also be required to sign our Cycling Code of Conduct to understand the expectations of behaviour

Jon Stredwick
(PE Coordinator)

PLEASE RETURN TO THE SCHOOL OFFICE – Cycle Permits

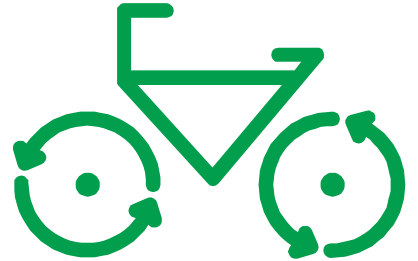
I wish my childClass..... to cycle to and from school.

I understand that Fair Oak Junior School will not be liable for any loss or damage whilst my child's cycle is on school premises.

I will make sure that my child understands and complies with the point above.

Signed:

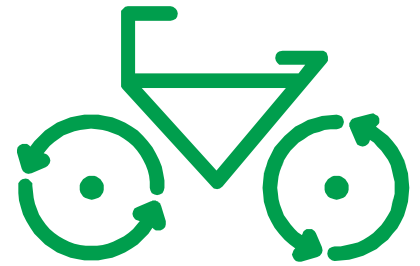
Date:



Cycling Code Of Conduct

I class agree to abide by the following Code of Conduct and understand that my permit will be taken away if I do not follow these rules:

1. I MUST wear a cycle helmet
2. My bicycle must be safe and in good working order
3. My bike should have lights, in working order, during the Autumn and Spring terms
4. When arriving at school, I WILL dismount at the campus main entrance and walk with my bike to the cycle racks
5. At the end of the school day, I will collect my bike and walk it to the campus main entrance
6. My bike has working brakes
7. I will bring a lock to school in order to secure my bike to the racks during the school day and I am responsible for keeping the key safe all day
8. My parent/guardian has discussed the following cycling safety rules with me:
 - Understand where to ride on roads being used
 - Start and finish an on-road journey
 - Be aware of potential hazards
 - Understand how and when to signal
 - Pass parked and slow moving vehicles
 - Pass side roads
 - Turn left from major to minor and minor to major roads
 - Turn right from major to minor and minor to major roads
 - Know how and when to use cycle lanes
 - Demonstrate clear understanding of a safe riding strategy
 - Make a U-turn
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Signed Print

Date