

Elim Christian School New Zealand Cyclist Skills Training Programme

This educational programme is fully funded by Auckland Transport and is tailored for children in years 5 & 6. Cyclist training enhances students' cycling skills and teaches them how to ride their bikes safely. The **Grade 1** sessions will be inside school grounds.

The training will be delivered by Bigfoot Adventures Ltd. Our qualified instructors are passionate about teaching cycling skills and providing a fun, safe and practical programme. All instructors have undergone police vetting, hold current first aid certificates and have received training specific to this course. In case of an emergency please ensure your contact details are updated with the school.

The course comprises approximately **2 x 1 ½ hour sessions per class** which will take place during class time. Ratios for the training will be **1 instructor for up to 15 students**.

Your child has been invited to participate in 2 x 1 ½ hour sessions on or during:

19th, 21st and 22nd February 2019

To participate in the programme, your child will need:

- **A bike.** A Bike and helmet can be supplied by Bigfoot if child does not have their own. If you can have your child's bike at the school during this day or days then it will be checked and adjustments can be made where possible by Bigfoot instructors.
- A 'standards approved' **bicycle helmet**.
- **Closed toe shoes**, securely fastened and suitable for cycling.

Please encourage your child to plan for the weather; warm, comfortable and practical clothing, a raincoat or jacket and a change of clothing in case of rain. Sunscreen should also be used during the Spring and Summer months.

If you would like your child to attend please complete the attached medical and consent form and return it to school by: **Friday 15th February 2019**

Note: A completed and signed consent form must be provided for each child to take part in the 'practical' training session held outside within the school grounds. Some schools have 'blanket consent' already signed by parents that covers 'on-site' school activities like this and other such sports or activities.

If you have any questions or concerns about this training, do not hesitate to talk to one of the Bigfoot team on the day. Or contact Manda, Cycle Safety Coordinator: 09 444 1446, Info@cyclesafety.co.nz



Cyclist Skills Training Medical and Consent Form

I agree to my son/daughter (Name)..... (Class).....
participating in the cycle training course and have read the information supplied.

STUDENT'S PERSONAL INFORMATION				
Medication	Please provide details of current or recently finished courses of medication			
Allergies	Please provide details of any allergies		Do you carry an Epipen?	Yes No
Allergen	Severity	Triggers	Symptoms	Remedy
Additional allergy details				
Physical, intellectual, social, behavioural or other: Please highlight any issues that may affect your safety or that of people around you. (e.g. Epilepsy, Diabetes, Heart, Asthma, Strains, Other). Please Include severity, triggers and remedy where appropriate				

CONSENT:

I understand that there are certain risks associated with cycling that cannot be reduced to zero. I know I am able to ask any questions of Bigfoot or the individual instructor to gain a better understanding of the activity before deciding whether my child takes part and the final decision about whether to take part or not is mine. I understand I may be charged for items belonging to Bigfoot that my child may lose or damage. The instructor will take all reasonable precautions to ensure my child's safety. If my child acts outside of this advice, then I acknowledge they do so at their own risk and may be instructed to leave the programme or activity

We require a parent or guardian's signature for any student under 18. By signing you are confirming that the information provided is as accurate and complete as possible and are confirming your consent to your child's participation in the stated Bigfoot programme.

CONTACT DETAILS

Phone Number:

Name.....

Signed.....