

11<sup>th</sup> May 2026

Dear Parents/Carers

**Re: Bikeability Cycle Training Thursday 21<sup>st</sup> May and Friday 22<sup>nd</sup> May.**

As part of our Road Safety focus in school, we are excited to have Lincs Inspire come into our school to provide training for the Year 5 pupils.

Bikeability is the government's national cycle training programme based on the National Standard for Cycle Training. The course is a minimum of 6 hours and is spread over 2 days, focusing on cycling skills on the first morning and cycling on the roads in the afternoon and on the second day. All routes are fully risk and route assessed beforehand.

Children must be able to ride a bike unaided by an adult or stabilisers. Suitable clothing should be worn depending on weather conditions and a change of clothing may be needed in the case of bad weather. Alternatively, if the weather is warm sunscreen and plenty of drinks will be needed. Sensible footwear will also be needed.

Parents/guardians are responsible for ensuring that their child's bike is in roadworthy condition. All children must wear a helmet for the duration of the course. The helmets must be well fitting and undamaged.

If you have any questions or if you will need help with a suitable bike or helmet, please contact the school either through the office or via a member of the Year 4/5 team

Many thanks,  
**Miss Perrin & Miss Purshouse**

Laceby Stanford Primary Academy  
Cooper Lane, Laceby, Grimsby, DN37 7AX

T. 01472 318003 E. [office@lspa.org.uk](mailto:office@lspa.org.uk)

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