

Cycling is always popular when children are asked how they would like to travel to and from school. However, nationally, less than 1% of young people cycle to school.

Why is this when cycling is healthy, cheap, environmentally friendly and can give young people a sense of freedom and independence?

As a nation around 60% of men and 70% of women are currently not physically active enough to benefit their health. Not only can cycling improve an individual's health, it can also benefit the environment by reducing the number of car journeys.

Benefits for Students Cycling to College:

- Cycling to and from College is a relatively low-cost way to integrate physical activity into daily routines and the majority of children already own a bike.
- Regular cyclists typically have a level of fitness equivalent to someone ten years younger. If students start cycling whilst at College, they may be more likely to carry on into their adult lives - those cycling regularly beyond their mid-thirties could add two years to their life expectancy.
- Nearly a quarter of all journeys by car are currently one mile or less and 42% are within two miles.

Cycling has a positive impact on student well-being and Kingsthorpe College supports cycling as transportation as long as students maintain their bikes in a good, roadworthy condition and cycle safely.

To ensure the safety of all students and staff, on entering the College grounds, students must dismount from their bicycles and walk them to the bike storage facilities. Bicycles are the personal belongings of individual students and must be appropriately and securely stored within the bike storage facilities.

The prime responsibility for transporting students to and from the College rests with parents, not the College. As this travel does not occur within 'College hours' or on College premises and as it does not involve supervision by the College staff, **the College does not accept any legal liability for any accident or injury that occurred while students were riding to and from the College.**

The decision as to whether a child is competent to cycle to and from College, rests solely with the parents. Parents are advised to take out appropriate insurance cover as the College's insurance does not cover road accidents or loss or damage to bicycles on, or off, the College premises. We would also recommend that parents ensure that their child has followed appropriate bicycle training or a similar safety course before riding to and from the College. Further guidance on cycling safety can be found at:

The direct.gov.uk website (<http://talesoftheroad.direct.gov.uk>)

Recent research suggests that the wearing of a bicycle helmet reduces the risk of serious head injury by nearly 70%, therefore in the interest of health and safety, it is advised that students wear an approved bicycle safety helmet.

Students who wish to bring their bicycles to College must collect a copy of the Kingsthorpe College Bicycle Policy and Bicycle Rules from Reception and complete and return the required forms:

- a) Bicycle permission note (to be signed by parent and returned to College).
- b) Bicycle users contract (to be signed by the student and parent and returned to College).

When these conditions have been met the student will receive a Kingsthorpe College Bicycle Pass.

A bicycle can only be brought to and from College after such a pass has been issued. The College requires support from parents to make their child aware of the College Bicycle Policy and the safety reasons supporting the policy. Students issued with a Bicycle Pass must follow the laws of the road and ride safely and sensibly when travelling to and from College. Failure to do this will result in the Bicycle Pass being withdrawn.

Kingsthorpe College – Bicycle Policy 2020 - 21

KINGSTHORPE COLLEGE BICYCLE RULES

1. No student is to bring a bicycle to the College until a Bicycle Pass has been granted.
2. Students are to dismount before entering College grounds and walk their bicycles whenever on College grounds. No riding of bicycles at any time is permitted in College grounds before, during or after College hours.
3. It is highly recommended that students should wear an approved bicycle safety helmet at all times when in control of their bicycle.
4. Bicycles brought to College must be in a good, safe working order and must be fitted with working brakes.
5. Bicycles used in the winter months (i.e. outside British Summertime clock changes) must be equipped with appropriate head and tail lights before being brought onto the College grounds.
6. Bicycles are to be stored adjacent to the PE block. Bicycles must be locked with a chain/padlock or appropriate bicycle lock supplied by the bicycle owner.
7. Bicycles and safety helmets are brought and stored on the College grounds entirely at the owner's risk.
8. If students are caught riding dangerously in the community, the College has the right to prohibit them from securing their bicycle at the College, therefore, they will have to make alternative arrangements. Furthermore, the College has the right to sanction accordingly.
9. Students should under no circumstances tamper in any way with another student's bicycle, lock or helmet. A student found to have done this, particularly in a way which might endanger the user's safety will be expected to pay for any damage caused and will have their Bicycle Pass withdrawn and may be issued with any further sanction deemed appropriate by the College. For serious offences the police may be involved.
10. Parents will be notified if students do not adhere to the College's Bicycle Policy. This may lead to the student being refused entry with their bicycle to the College. If they disobey the policy after one formal warning any permission will be withdrawn.

Please note that cycling to the College cannot be used by a student as an excuse for late arrival. Parents should ensure that students are on time for College, and that if their Bicycle Pass is withdrawn they have an alternative method of getting to the College.

Kingsthorpe College – Bicycle Policy 2020 - 21

BICYCLE PERMISSION NOTE *(Parent)*

I give permission for (child's name) _____ (Tutor Group) _____
to ride their bicycle to and from College.

- I understand that the roads around Kingsthorpe College are very busy and quite dangerous, especially at the commencement and finish of the College day.
- I have read and understand the bicycle information provided.
- I have read and explained the bicycle information provided to my child.
- I understand that it is my responsibility to keep the bicycle well maintained and road worthy, with all component parts working correctly.
- I understand that bicycles are brought to College entirely at the owners' own risk.
- I understand that if the policy is not followed my child may not be allowed to bring their bicycle onto College grounds.
- I understand that if my child is caught riding dangerously in the community, the College has the right to prohibit them from securing their bicycle at the College, therefore, they will have to make alternative arrangements. Furthermore, the College has the right to sanction accordingly.

Signed: _____ Date: _____

Relationship to child: _____

BICYCLE USERS CONTRACT *(Student)*

- I have read and understand the bicycle information provided.
- I understand that it is a joint responsibility between my parents and I to keep my bicycle well maintained with all parts working correctly.
- I understand that I must not ride my bicycle at any time on College grounds.
- I understand that I bring my bicycle to the College at my own risk and will secure it with a lock and chain in the bicycle shed provided.
- I understand that if the rules are not followed I may be refused entry to the College grounds with my bicycle.
- I will always display my Bike Pass on the crossbar of the bicycle I use to cycle to and from the College and will stop and show it when requested by a member of staff.
- I understand that the College will sanction my behaviour, if I am riding in appropriately within the community.

Signed: (student) _____ Signed: (Parent) _____ Date: _____

Bicycle Make and Model: _____ Bicycle Colour: _____

OFFICE USE ONLY:

Allowed / Not Allowed Pass No. _____ Issue Date: _____