



07 June 2024

Dear Families

Curriculum Enhancement Days – Mountain Biking

I hope your child is looking forward to this summer's mountain biking activities as much as I am. Please find below details of this year's schedule. Being an adventurous activity, I must also reiterate a few rules and requirements in order for students to participate.

Each day involves leaving and returning to site. We are going to be doing some road work and students should have passed their bikeability at KS2, with a sound awareness of hazards. Students who do not feel comfortable riding on roads may wish to ride next to an adult in these sections or discuss an alternative activity for the three days.

These activities require you to have your **own equipment**. The bike you use must be in good, serviceable condition and suitable for **mountain bike terrain**, including wooded sections. Please check the brakes work, the tyres are inflated and the treads are in good condition.

We also require you to have a **spare inner tube** of the correct specification to match your bicycle. This is essential because once we're out on the tracks, it is too difficult and time consuming to patch, we will simply swap and go. The old tube may be able to be fixed again at home for future use and as a spare for the next day.

Helmets are mandatory and worn at all times whilst riding and must be correctly fitted. They must be in good condition and not have been involved in an accident, and be approved by the British standards institution. Please check for one or both of these symbols inside the helmet. Their condition will be checked prior to leaving the site.



Dress in appropriate clothing which will not catch in spokes/chain. Tight or tapered trousers are recommended to reduce cuts, stings and scrapes. Students need to be prepared for all weather eventualities and bring layers. **Sunglasses should be worn** to avoid bugs/dirt entering the eyes.

All routes have been planned and tested but we are a mixed group and there is a chance we could be delayed by incidents such as punctures, bike failures, injuries or general group dynamic. Please be prepared that we *may* be back slightly after 2.50pm, any significant delays, parents will be informed.

Behaviour

The two most important rules are RESPECT and OBEY. Mountain biking can be hazardous, and students must be trusted to follow instructions. Any unsafe behaviour will not be tolerated for the safety of all participants and may result in you being collected or not attending the next day.

RESPECT

Respect, that as a group, there will be a variety of abilities and equipment. We travel considering the needs of all participants. Be kind, patient and respectful.

Respect other trail users at all times, and pass slow and wide, especially in the presence of dogs/horses.

OBEY



The decisions of the trip leaders are final and must be followed for the safety of all members. Failure to follow instructions will result in students being asked to be picked up and returned to site.

A google form has been sent to students to confirm equipment and they have read the behaviour guidelines. Please complete by Friday 21 June 2024.

Equipment

The requirements for this activity are listed below and will be checked each day.

Requirements:

Compulsory requirements

Mountain bike

- Check the brakes work
- Check for punctures

Helmet to be worn at all times

1x Inner tube appropriate for the tyre specification of your bike

Water - minimum 1L

Suncream (can be applied before)

Packed lunch (unless entitled to free school meals - provided by school)

Rucksack (to carry the above items)

Optional

Glasses (highly recommended)

Cycling gloves (recommended)

Long trousers, slim fit/tapered (there will be overgrown areas in July, avoid stings/brambles)

At least one element of clothing/bag should have *some* high visibility.

Waterproof clothing

If you have a rare specification of bike, you may wish to bring some of your own gear such as pump, quick link, or specific alum keys to your bike.

Mountain biking is supposed to be messy, so be prepared to get mucky, especially if it has been raining in the days before. It might be a good idea to have a spare pair of trousers/shorts or a small towel, depending on the forecast.

Itinerary

Over the course of three days we will be completing the following:

Day 1:

Bike checks and general proficiency.

We will spend an hour or two checking if your equipment is roadworthy so we don't get any horrible surprises along the way! If your bike is not considered safe and can not be adjusted, you will not be able to attend that day.

We'll play a few skills games to check your proficiency level, go through some rules for the week and brush up on your highway code.

On the road day 1

We will be going for a casual cruise up the Forest Way and back.

Day 2:

Short bike check



On the road day 2

We are going to explore various tracks around the Dormansland area with a mix of road, tracks and woods. Take plenty of food and drink, there are no facilities or shops on the route.

Day 3:

Short bike check

On the road day 3

We are going to explore another route around the Ashurst wood/Forest row area with a mix of road, tracks and woods. Bring plenty of food and drink, but also may wish to bring a small amount of cash as (time depending) we'll plan to stop off at a shop for ice-cream/snacks.

If you have any questions regarding the planned activities, please contact me at kmorris@sackvilleschool.org.uk

Yours sincerely

Mrs K Morris

