



16 June 2025

Dear Families

Curriculum Enhancement Week - Mountain Biking

I hope you are looking forward to this summer's mountain biking activities as much as I am. Please find below details of this year's schedule running from Monday 14 July - Wednesday 16 July 2025. 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 are out on the tracks, it is too difficult and time consuming to patch, and we will simply swap and go. We also cannot carry every type of spare which may be required. The old tube may then be able to be fixed again at home for future use and as a spare for the next day.

Helmets are mandatory and must be worn at all times whilst riding and must be correctly fitted. They must be in good condition, not have been involved in an accident, and approved by the British standards institution. Please check for one or both of these symbols are 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 and/or tapered trousers are recommended to reduce cuts, stings and scrapes. Students need to be prepared for all weather eventualities and bring layers. Glasses should be worn to avoid bugs/dirt entering the eyes (sunglasses are fine).

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 2.55pm, any significant delays, parents will be informed.

Behaviour

This is an adventurous activity, therefore there comes a degree of risk. To minimise this, students should be cycling within their ability and not attempt anything beyond the scope of the activity.



Mountain biking can be hazardous, and students must be trusted to follow instructions. The two most important rules are RESPECT our rules and OBEY them. Any unsafe behaviour will not be tolerated for the safety of all participants and may result in that student 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 picked up and returned to site.

A google form will be sent to students to confirm equipment and that they have read the behaviour guidelines. Please make sure this is completed by Friday 27 June 2025.

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
- Plenty of water - minimum 1L
- Sun cream (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 do not get any horrible surprises along the way. If your bike is not considered safe and cannot be adjusted, you will not be able to attend that day.

We will 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 -

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

Day 2:

Short bike check

On the road -

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 -

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 may also wish to bring a small amount of cash as (time depending) we will plan to stop off at a shop for ice-cream/snacks.

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

Yours sincerely

Mrs Kelly Morris
CEW Mountain Biking Leader