

16th December 2019

Dear Parent/Carer

Bedale's Community Coast to Coast Cycling Challenge for Children's Cancer

It is that time of year again when students, staff and parents get ready to take on the challenge of cycling across Britain. I am currently planning to take a group of students, staff and parents on a Coast to Coast cycle ride from Arnside to Scarborough. The ride is over three days covering approximately 150 miles with a mixture of minor roads and off-road tracks. I will be building in some extra off-road loops for riders who want an extra challenge!

I aim to undertake this ride from **Thursday 28th May through to Saturday 30th 2020**. While this adventure is in the early stages of planning the cost will be £130 per participant, which will include the cost of transport, accommodation, a specially designed quality cycle shirt and most meals. (I also hope to raise money in aid of children's cancer).

As a warm up and assessment of riders ability, I will arrange two short circular rides (25 and 35 miles) in the springtime, starting from Bedale High School: 25 miler – 9am on **Saturday 21st March**; 35 miler – 9am on **Saturday 16th May 2020**. These rides will make up part of an assessment by the leaders as to whether the riders are up to the challenge. They are deliberately fixed on either side of the Easter holidays to allow all riders to get up to the required levels of cycle-fitness for the challenge.

Whilst every effort will be made to ensure the safety of the riders, mountain biking can be a very dangerous sport, all participants would need to have a well maintained mountain bike and a reasonable level of fitness in order to take part in this challenge and must be prepared to follow the leader's instructions to make the ride as safe as possible. Parents/carers must be willing to collect their child from any of the rides if they are not prepared to follow the safety precautions. There will be a back-up vehicle in attendance throughout the route if assistance is required.

If you and/or your son/daughter would like to reserve a place, please complete the reply slip attached and return it to Mrs Peirson in the Print Room by **Friday 14th February 2020**. If you have secured a place you will be required to pay the non-refundable deposit of £30 via Parentpay by **Monday 2nd March 2020**. The second payment and final balance of £100 will be due by **Friday 1st May 2020**. If you or your child decides to withdraw their place on the ride the monies refunded will be on the following timescale: 23rd March 2020 all but £30; 11th May 2020 all but £60; after 11th May 2020 all but £100.

If there are any parents who are willing to assist in the back-up team, or indeed, wish to take part on their bike, they will need a Disclosure and Barring Service (DBS) check. This will need to be applied for as soon as possible in order for it to be issued by **21st March 2020**. Please note that all previous participants will need a current DBS issued by North Yorkshire County Council as a DBS from previous years will no longer be valid. Information on how to obtain your DBS will be emailed to you (please provide an email address on the reply slip attached). Also please be aware that these checks can take some time to be processed and then returned to the school. If you do not have an up-to-date DBS clearance, unfortunately you will not be able to take part in the practice rides or coast to coast ride.

Further details of the rides will be circulated in due course. Please do not hesitate to contact me if you require any further information, telephone: 01677 422419 or email:

Yours faithfully

Trip Coordinator

Bedale's Community Coast to Coast Cycling Challenge for Children's Cancer

I would like my son/daughter- Name: Form:

to take part in the Coast to Coast cycle ride from **Thursday 28th May through to Saturday 30th 2020** . I am aware that I may be asked to pick up my child in the event of injury or failing to follow the leader's instructions.

Signed: Parent/Carer Date:

I would also like a place on the ride as a parent/carer.

Name: Email address:

I am willing to offer help in the back-up team.

Name: Email address:

Size of cycling shirt XS / S/ M / L / XL / XXL:

Name to be printed on the cycling shirt:

Please return to Mrs Peirson in the Print Room by Friday 14th February 2020.