

Upton Court Grammar School



CYCLING GUIDANCE

CONTENTS

Page

Introduction	3
Benefits of Cycling to School	3
Cycle Rules	5
Bicycle Permission Note (Parent/Carer)	6
Bicycle User's Contact (Student)	6

Upton Court Grammar School

CYCLING GUIDANCE

INTRODUCTION

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

It is a healthy, cheap, environmentally friendly way to travel 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 of Students Cycling to School:

- Cycling to and from school 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 school, 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 UCGS supports cycling as transportation as long as students maintain their bikes in a good, roadworthy condition and cycle safely, using cycle paths to and from school where possible and never cycling on the school grounds.

To ensure the safety of all students and staff, on entering school 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 school rests with parents, not the School. As school travel does not occur within 'school hours' or on school premises and as it does not involve supervision by school staff, **the School does not accept any legal liability for any accident or injury that occurred while students were riding to and from school.**

The decision as to whether a child is competent to cycle to and from school, rests solely with the parents. Parents are advised to take out appropriate insurance cover as the School's insurance does not cover road accidents or loss or damage to bicycles on, or off, school 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 school. Further guidance on cycling safety can be found at:

<http://think.direct.gov.uk/cycling.html>

<http://www.slough.gov.uk/parking-travel-and-roads/bikeability-cycle-training.aspx>

In the interest of health and safety, Upton Court Grammar School recommends that students who have been granted permission to bring their bicycle to school always wear an approved bicycle safety helmet when riding their bike. Full and correct uniform must be worn as soon as possible after a bicycle has been secured when arriving at school and up to the point that a bike is released for the journey home from school.

Students who wish to bring their bicycles to school must collect the Upton Court Grammar School Cycling guidance and Bicycle Rules from the Senior School Team/Sixth Form Team Office and complete the required forms:

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

When these conditions have been met the student will receive an Upton Court Grammar School Bicycle Pass.

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

Upton Court Grammar School

CYCLE RULES

1. **No student is allowed to bring a bicycle on to the School Site unless a Bicycle Pass has been granted. Passes can be obtained from the Senior School/Sixth Form Team.**
2. Bicycles brought to school by students must only access the School via the front entrance. **Within the School, cycling is not permitted and students must dismount and push their bicycles sensibly and carefully within school grounds. Failure to comply with this rule will result in sanctions being applied.**
3. Bicycles brought to school must be in a good, safe working order and must be fitted with working brakes.
4. 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 school grounds.
5. Bicycles are to be stored securely in the facilities provided. Bicycles must be locked with a chain/padlock or appropriate bicycle lock supplied by the bicycle owner.
6. **Bicycles and safety helmets are brought and stored on school grounds entirely at the owner's risk.**
7. 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 Bike Pass withdrawn and further sanctions may be applied. For serious offences the police may be involved.
8. Parents will be notified if students do not adhere to the School's Bicycle Policy. This may lead to the student being refused entry with their bicycle to school grounds. **After one formal warning, if there is a further infringement, permission to bring a bicycle on to the School Site, will be withdrawn.**
9. Any students riding dangerously on public footpaths or public roads, being disrespectful to others on the way to school, or when leaving school, will also have their bike pass removed.
10. Students will be issued sanctions relevant to the nature of any infringement of these rules in line with the school behaviour policy and step procedure.

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

N.B. it is highly recommended that students always wear a cycle helmet when riding to and from school.

Upton Court Grammar School
BICYCLE PERMISSION NOTE

(To be completed by a parent/carer)

- I give permission for _____ (child's name)
_____ (tutor group) to ride their bicycle to and from school.
- I understand that the roads around Upton Court Grammar School are very busy and quite dangerous, especially at the commencement and finish of the school 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 school entirely at the owners' own risk.
- I understand that if the policy is not followed, sanctions will follow and my child may ultimately not be allowed to bring their bicycle onto school grounds.
- I understand that Upton Court Grammar School highly recommends the use of safety helmets at all times when riding to and from school.

Signed: _____ Date: _____

Relationship to child: _____

Upton Court Grammar School

BICYCLE USER'S CONTRACT

(To be completed by students)

- 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 wearing an approved and appropriate bicycle safety helmet when riding my bicycle reduces the risk of injury.
- I understand that I must not ride my bicycle at any time on school grounds.
- I understand that I bring my bicycle to school at my own risk and will secure it with a lock and chain in the bicycle racks provided.
- I understand that if the rules are not followed, sanctions will follow and ultimately I may be refused entry to school grounds with my bicycle.

Student Name: ----- Form Group: -----

Type of Bike: MTB RACER HYBRID BMX Other.....

Make of Bike ----- Colour -----

Signed: (student) -----

Signed: (parent) -----

Date: -----

OFFICE USE ONLY:

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

Signed: ----- Senior School/Sixth Form Team