



CYCLING GUIDANCE

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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, but 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 bicycle.
- 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 bicycles in a good, roadworthy condition and cycle safely, using cycle paths to and from the 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 bicycle storage facilities. Bicycles are the personal belongings of individual students and must be appropriately and securely stored within the bicycle 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>

<https://www.slough.gov.uk/cycling/cycling-events-training>

In the interest of health and safety, Upton Court Grammar School recommends that students who bring their bicycle to school always wear an approved bicycle safety helmet when riding their bicycle. 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 bicycle is released for the journey home from school.

Students who wish to bring their bicycles to school must have read the Upton Court Grammar School Cycling guidance and Bicycle Rules.

A bicycle can only be brought to and from school once the Microsoft form has been completed and submitted. The school requires support from parents to make their child aware of the School Bicycle Policy and the safety reasons supporting the policy. Students who ride to school must follow the laws of the road and ride safely and sensibly when travelling to and from school.

CYCLE RULES

1. **Students are not allowed to bring a bicycle to the School Site unless parents have submitted the Microsoft consent form (see link below).**
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 as per the schools Culture Policy.**
3. Bicycles brought to school must be in 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 that might endanger the user's safety, will be expected to pay for any damage caused and further sanctions may be applied as per the schools Culture Policy. 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 onto the School Site, will be withdrawn.**
9. Students will be issued sanctions relevant to the nature of any infringement of these rules in line with the school Culture Policy and step procedure.

Please note that cycling to school 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 is not in use that 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.

BICYCLE PERMISSION NOTE

Please complete the Bicycle Permission Note and the Bicycle User's Contract from the following link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=2r5LQU61KkyYrIl32nitAh7cTPPPmZJPltR59SqWmWNUOUhHTDRPVDZQWDIDRjNPQk05MldRSzM0Mi4u>

Once you complete the form to authorise your child to cycle to school, please take a screen shot of the submission note. We no longer issue bicycle passes.