

Wednesday 25<sup>th</sup> May 2022

**Activity day event: Cycle ride to Hornsea and back**

Dear Parent(s)/guardian(s)

It is our intention to organise a cycle ride to Hornsea and back on Wednesday 20<sup>th</sup> July as part of the whole school activity day. The ride will start from the Academy and will follow the Hull to Hornsea cycle route. Most of this route is off road. The ride will be approximately 30 miles not including any personal travel to and from the Academy. This ride is not to be underestimated and will provide a significant physical challenge.

There are several non-negotiables that will need to be met for your child to participate in this event:

1. Only mountain bikes and hybrid bikes (bikes with wide tyres) will be allowed on the ride. Road bikes and BMX's will not be permitted.
2. All students must always wear a helmet whilst riding their bikes. No helmet – no ride.
3. All bikes must be in good condition. Tyres should be inflated to the required pressure; brakes should be fully operational, and gears should function correctly.

All bikes will be inspected before we leave, and we reserve the right not to take your child on the ride if they do not meet the above requirements.

The ride will be supervised by teachers who are experienced cyclists. Students will leave the Academy site at 9am and ride in small groups. Where there is a need to cross a road students will be supervised across the road before continuing their journey. Teachers will carry basic toolkits to deal with any small mechanical issues and punctures.

This is a long ride and students should prepare accordingly. Students will need to dress appropriately for the weather conditions on the day – sun cream if it is hot and sunny, waterproofs if there is a chance of rain. They will need to bring a packed lunch or money to purchase lunch at Hornsea.

Students will be able to purchase fish and chips in Hornsea if they wish. They will need to bring sufficient drinks for the journey. Snacks to eat on the ride would also be beneficial. If the weather is deemed too bad the ride will not take place and your child will be placed on another event.

Once in Hornsea students will remain on the grassy area adjacent to the promenade. Students will not be allowed in the sea.

On our return to Hull students will be able to make their own way home once we get on the cycle path between Sutton and Hull. This will only be permitted if parents have agreed to this on the consent form. We will return to the Academy at approximately 3pm from where students can make their own way home.

Prior to the ride an assembly will take place with both staff and students. All relevant health and safety issues will be discussed in this assembly. All students will be issued with a map of the route highlighting road crossings and meeting points. All students will be issued with a mobile phone number to call if they become separated from the rest of the group during the ride or whilst in Hornsea.

If you would like any further information about the ride or would like to discuss it with a member of staff, please contact Mr Stubbs. He can be contacted at [stubbbsc@hthacademy.org.uk](mailto:stubbbsc@hthacademy.org.uk)

Please return the following consent form to Mr Stubbs

Student Name: \_\_\_\_\_

Tutor Group: \_\_\_\_\_

I give permission for my child to take part in the cycle ride to Hornsea and back on Thursday 21st June. I have read and understood the information provided by the school and will ensure that the following non-negotiables are met:

1. Only mountain bikes and hybrid bikes (bikes with wide tyres) will be allowed on the ride. Road bikes and BMX's will not be permitted.
2. All students must always wear a helmet whilst riding their bikes. No helmet – no ride.
3. All bikes must be in good condition. Tyres should be inflated to the required pressure; brakes should be fully operational and gears should function correctly.

I will ensure that my child is properly equipped for the ride and will provide a packed lunch or money to purchase lunch. I will also provide sufficient drinks for the ride.

Parent name: \_\_\_\_\_

Parent signature: \_\_\_\_\_

Date: \_\_\_\_\_