



*Aspire. Create. Think.*

DUNSHAM LANE  
AYLESBURY  
BUCKINGHAMSHIRE  
HP20 2DB

Friday, 28 February 2025

## **BMX Academy Workshops**

Dear Parents/Carers,

On **Friday 14 March**, Mike Mullen, former BMX Halfpipe Champion, from BMX Academy will be visiting our school to deliver an inspirational day with an assembly and BMX workshops.

Your child has been invited to take part in his BMX workshops which include:

- Fun bike control challenges
- Small jumps and tricks
- Growth Mindset and Resilience themed messaging

Bikes **will** be provided so children do not need to bring their own. Helmets **will** be provided but your child can bring their own if they wish.

Children will need trainers and PE kit with long trousers/leggings. Warm tops/coats if a chilly day.

Please can all children with long hair come to school with it tied in a low pony tail or plait to ensure helmets fit properly.

The workshops include low level tricks which are achievable, yet allow children to challenge themselves, taking small risks to build confidence and self-belief.

**Please note that verbal or text permission is not acceptable. Children must return the signed consent in order to take part.**

Any activity using BMX bikes does carry a risk. All efforts are made to ensure the workshop is safe and enjoyable for all participants. By signing the consent, you agree to your child taking part in the workshop, accepting all risks outlined in the activity disclaimer.

Yours sincerely,

Mrs R Lee and Miss K Needham

Co-Headteachers Elmhurst School

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Great Learners Trust



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**School BMX Workshop Activity Disclaimer**

*Our workshops are designed to be safe and fun, yet pose challenges to increase children’s resilience by learning BMX tricks. As organisers, BMX Academy Limited will endeavour to minimise all risks within control and guide participants safely through a gradual ‘step by step’ technique to learning tricks.*

*Bikes and helmets are provided which meet EN1078 safety standards. These are well maintained and regularly checked to ensure safe functioning. The instructor will oversee the participants throughout and advise them on safe use and control of the bikes and equipment.*

*Risks common to school BMX workshop participation are low as the majority of work is ground based with basic movements and small jumps less than 15cm high. However ,it must be noted that BMXing, by it’s nature, is a risky activity with the possibility of accidents and physical injury. No matter how careful the participants and organisers are, no matter what equipment is worn, ramp, slope, course or obstacle being ridden, the risks cannot be entirely eliminated.*

*The organisers accept no responsibility for any damage, loss or injury of any kind caused to, or suffered by, any person participating in the workshop and all participants agree to indemnify the organisers, from and against any and all liabilities incurred by the organisers or claims made against any of them, for damage, loss, or injury to third parties, which are attributable to any act of such users, provided, and to the extent that, such is not caused by or attributable to the organiser’s negligence.*

*Permission for a child to participate must be given by a parent/guardian signing above accepting all the above risks entirely and responsibility for the participants choices and actions during the workshop.*

**I agree to my child taking part in the BMX Academy workshop, accepting all risks outlined in the activity disclaimer.**

Childs name ..... Childs class .....

Your name ..... Signed .....

Date .....

