

Wednesday, 22 April 2026

Year 6 BMX Experience

Dear Parents/carers,

On **Monday, 15 June**, Mike Mullen, former BMX Halfpipe Champion, from BMX Academy will be visiting our school to deliver an inspirational day to Year 6 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 with 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 to wear trainers and PE kit with **long trousers/leggings**. They may also need warm tops/coats if it is a chilly day. Please can all children with **long hair have 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.

Any wheeled sports activity does carry an element of risk. All efforts are made to ensure the workshops are safe, enjoyable, and the tasks set are achievable for all participants.

Please give consent to participate before the event via the link provided on Arbor, accepting the conditions below. Please note that verbal or text permission is not accepted. Where consent via Arbor is not received your child will not be able to take part.

School BMX Workshop Activity Waiver

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.



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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 visually and verbally on safe use and control of the bikes and jumps.

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 its 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, which are attributable to any act of such users.

By signing below a parent/guardian gives permission for their child to participate, waiving any right to hold BMX Academy Limited responsible for damages or any liability, accepting all the above risks entirely, and full responsibility for the participants choices and actions during the activity.

Yours sincerely

Elmhurst School