



03 July 2026

Dear Families

CEW - Mountain Bike

I hope you are looking forward to this summer's mountain biking activities as much as we are. Please find below details of this year's schedule running from Wednesday 15 to Friday 17 July 2026.

For this activity we are assuming you have your own equipment. If you do not own a mountain bike please email me as soon as possible. We have a few on site and would need to check their condition and suitability before the day.

The bike you use must be in good, serviceable condition and suitable for mountain bike terrain, including wooded trail-like sections. Please check the brakes work, the tyres are inflated and the treads are in good condition. Bikes will be checked before leaving each day, if they are not considered safe, the student will not be able to participate in that day's activity.

We also require you to have a **spare inner tube** of the correct specification to match your bicycle. This is essential because once we are out on the tracks, it is too difficult and time consuming to patch, and we will simply swap and go. They are also not all the same size so must be bike specific. The old tube may then be able to be fixed again at home for future use and as a spare for the next day. If a puncture arises with no spare, the student would have to be picked up and returned to school.

Helmets are mandatory - worn at all times whilst riding and must be correctly fitted. They must be in good condition, not have been involved in an accident, and approved by the British standards institution. Please check for one or both of these symbols inside the helmet.



Their condition will be checked prior to leaving the site.

Dress in appropriate clothing which will not catch in spokes/chain. Tight and/or tapered trousers are recommended to reduce cuts, stings and scrapes. Students need to be prepared for all weather eventualities and bring layers. **Glasses should be worn** to avoid bugs/dirt entering the eyes (sunglasses are fine).

All routes have been planned and tested but we are a mixed group and there is a chance we could be delayed by incidents such as punctures, bike failures, injuries or general group dynamics. Please be prepared that we may be back slightly after 2.55pm, any significant delays, parents will be informed.



Behaviour

This is an adventurous activity, therefore there comes a degree of risk. To minimise this, students should be cycling within their ability and not attempt anything beyond the scope of the activity.

Mountain biking can be hazardous, and students must be trusted to follow instructions.

The two most important instructions are **RESPECT our rules** and **OBEY them**. Any unsafe behaviour will not be tolerated for the safety of all participants and may result in that student being collected or not attending the next day.

RESPECT

Respect that as a group, there will be a variety of abilities and types of equipment. We travel considering the needs of all participants. Be kind, patient and respectful.

Respect other trail users at all times, and pass slowly and wide, especially in the presence of dogs/horses.

OBEY

The decisions of the trip leaders are final and must be followed for the safety of all members. Failure to follow instructions will result in students being picked up and returned to site.

A google form has been sent to students to confirm equipment and they have read the behaviour guidelines. Please can you make sure they have completed by 03 July 2026.

Equipment

The requirements for this activity are listed below and will be checked each day.

Compulsory requirements:

Mountain bike.

- Check the brakes work
- Check for punctures.

Helmet to be worn at all times.

1x Inner tube appropriate for the tyre specification of your bike.

Plenty of water - minimum 1L.

Suncream (can be applied before).

Packed lunch (unless entitled to free school meals - provided by school).

Snacks to keep you going.

Rucksack (to carry the above items).

Optional:

Glasses (highly recommended).

Cycling gloves.

Long trousers, slim fit/tapered (there will be overgrown areas in July, avoid stings/brambles).

At least one element of clothing/bag should have *some* high visibility.

Waterproof clothing.

If you have a rare specification of bike, you may wish to bring some of your own gear such as pump, quick link, or specific allen keys to your bike.

Mountain biking is supposed to be messy, so be prepared to get mucky, especially if it has been raining in the days before. It might be a good idea to have a spare pair of trousers/shorts or a small towel, depending on the forecast.

Itinerary

Over the course of three days we will be completing the following:

Day 1:

Bike checks and general proficiency.

We will spend about an hour going through safety and checking if your equipment is roadworthy so we do not get any horrible surprises along the way. If your bike is not considered safe and cannot be adjusted, you will not be able to attend that day.

On the road - day 1

Students meet at school at the normal time of 8.25am.

WALK bikes down to L-block for briefing and bike/equipment checks.

We will be going for a casual cruise up the Forest Way to Groombridge and back.

Day 2:

Short bike check

On the road - day 2

Day 2 requires you to meet us at EAST GRINSTEAD train station at 9.00am.

We will be going along the Worth Way to Three Bridges and back.

Students will be dismissed from East Grinstead station around 2.55pm, but may be slightly earlier.

Day 3:

Short bike check

On the road - day 3

Students meet at school at the normal time of 8.25am.

WALK bikes down to L-block for briefing and bike/equipment checks.

We are going to explore various tracks around the Dormansland area with a mix of road, tracks and woods. Take plenty of food and drink, there are no facilities or shops on the route.

Day 3 alternative: Forest Way to Groombridge

If you have any questions regarding the planned activities, please contact me - kmorris@sackvilleschool.org.uk.

Yours sincerely

Mrs Kelly Morris

Science Teacher and Lead of Medical Science and EPQ