

CoW days (Cycle once Weekly)

CoW (Cycle once Weekly) days are a great way of encouraging pupils to cycle to school more often.

**How does it work?**

1. The school will chose their CoW day for the term (eg. every Wednesday)
2. Pupils are given a record card each, with space for each week of term
3. Every week throughout the term, children who cycle, scoot or skate to school on this day get their cards stamped or signed
4. At the end of the term, children who have collected a stamp for every week receive a reward.
5. Children who have to travel by car (such as those who live further away or whose parent / guardian needs the car to make an onward journey) can join in by asking their parent/carer to park further away and cycle for an agreed distance on the CoW day.

**What do parents need to do**

1. Encourage your child to take part in the CoW day and accompany them on the journey if possible.
2. Ensure your child’s bicycle / scooter is road worthy. If you have concerns about your childs bike / scooter, please speak to the school who may be able to arrange a bicycle maintenance day.
3. We strongly recommend that pupils wear helmets and high-visibility clothing to ensure their safety.
4. The school should provide cycle / scooter storage, if not please speak to the school about installing these.
5. Please provide your child with a bicycle / scooter lock to ensure it is safe throughout the day.