



EMBSAY C of E (VC) PRIMARY SCHOOL
PASTURE ROAD, EMBSAY
SKIPTON, BD23 6RH

Registered Charity Number 1047224

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Headteacher: Mrs Fiona Prest

8th April, 2024

Dear Parents/Carers,

We have arranged to take Year 4 to a triathlon experience day, organised by the Brownlee Foundation on Tuesday 21st May. Pupils will have the opportunity to complete a mini triathlon within the grounds of Bradford Grammar School.

“The Brownlee Foundation is committed to giving children in Yorkshire a positive sporting experience and supporting the development of coaches and teachers in sport,” Alistair & Jonny Brownlee.

The event will provide Year 4 pupils with the opportunity to try the disciplines of the triathlon. Children will swim 50m, cycle 800m and run 300m (all distances are approximate.). Bikes/trikes and helmets will be provided. If some pupils are unable to complete the swimming distance, alterations to suit their ability will be made. Swimming aids (such as woggles) will also be provided. For those unable to ride a bike, trikes and scooters are available. The events are not timed and can be completed at a child's own pace. They will also be presented with a Brownlee swimming cap and t-shirt on arrival and a goodie bag on completion of the event.

On the day, children should come to school dressed in trainers, shorts and a t-shirt with their school sweatshirt on top; it would also be helpful if swimwear could be worn underneath, to aid a quick change on arrival. If some pupils have a tri-suit, then that can be worn and goggles can also be used. No school dinner will need to be booked that day as all pupils will require a packed lunch. They will also need a towel, a fruit snack, water and sunscreen. School will take inhalers and any medication that is normally kept in school.

These events are suited to all sporting abilities, and it is an exciting opportunity for your child to participate in a large scale event, along with other primary schools. It is completely free of charge. We shall be leaving from the village car park after registration and returning to school around 2.15 pm.

Please could we ask that consent for this visit along with an indication of their swimming / cycling on the following Forms link: <https://forms.office.com/e/798rS05dcE>. A photographic consent form for the Brownlee Foundation also needs completing and this is attached to this email. Both need returning by **Friday 26th April, 2024**.

If you have any further questions, please do not hesitate to contact me.

Yours sincerely,

Mrs Speak

