

Level 1 and 2 Bikeability Training

Bikeability training date:

Monday 7th March – Thursday 10th March 2022

Dear Parent / Guardian,

We would like to offer the opportunity to take part in the national cycling scheme Bikeability. This is the national cycle training programme supported by the Department for Transport. The course builds the skills and confidence of children who can already ride a bike. Bikeability can not only make children better cyclists - potentially for the rest of their lives - but can help with general confidence and independent thinking. All of our Bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors. Due to current restrictions, any rider wishing to take part in the Bikeability training must be able to cycle independently without physical assistance. Please refer to the Bikeability website as a resource in preparing your child for their cycle training and for more information www.bikeability.org.uk.

The first session is conducted on the playground where an assessment of ability takes place, followed by on road cycling in the local area surrounding the school for the rest of the course. The main aim of the course being that the children will be able to make a short journey in a safer manner and be more aware of road safety issues.

Each child will need a fully operational bike with two working brakes and a cycle helmet. If they do not have access to a bike please let your school know and we will endeavour to make the necessary provisions. Due to the current situation with Covid-19, we encourage all riders to have their **own helmet**, however if this is not possible then we may be able to support this too. A thorough bike and helmet check takes place during the first session, where any necessary adjustments are made to ensure that the equipment is suitable for the participants. In addition to this, we would ask that you also check the bike and helmet prior to training to reduce the amount of physical contact that we have to make with the equipment. Riders are then encouraged to independently do these checks throughout the training week, although this is overseen by qualified instructors. Hi-Vis jackets will be provided to all children during the training for those not using their own.

Below is a video link from Bikeability on how to correctly fit your helmet and basic off-road skills children need before going on the road. Please try to watch this before the training commences.
<http://bikeability.org.uk/cycle-more/family-cycling/essential-cycling-skills-for-families/>

At the end of the training the children will be given a certificate confirming they have completed the course and acknowledges the ability level that they are working at for the different outcomes; **independently, with more practice, with some assistance or not yet attempted**.

If you would like your child to participate in the training then please could complete the attached permission slip and return to your school as soon as possible in order that we can ensure every child is provided for.

All cycle training will be delivered in line with current Covid-19 government guidance for schools, with our instructors and riders remaining 2m apart wherever possible, unless the need for First Aid is required. It is not necessary for our instructors to wear PPE when delivering Bikeability, however, all instructors will have access to the necessary PPE equipment if required.

Should you have any questions please do not hesitate to contact me via your school or on the email address below.

Yours Sincerely

G. Vincent

Glenn Vincent



Bikeability Training

Please return this form to the school office

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Student name:

Class:

Please put a tick in the appropriate boxes below;

	1	2	3	4	5
Current cycling ability (<i>Please tick one</i>) (1 – non rider, 5 – very confident on roads)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*Please note due to current restrictions, any rider wishing to take part in the Bikeability program, must be able to cycle confidently on their own with no assistance, and be able to fit and adjust a helmet without physical assistance.

My child has a bike in good working order ☐

My child has their own helmet ☐

My child will need to borrow a bike ☐

My child will need to borrow a helmet ☐

Please use the box below for any additional relevant information - including medical information.

Instructors will comply with current government and Bikeability Trust Covid guidance to minimise all risk of transmission, by returning this consent form you accept that all risk of transmission cannot be fully mitigated. You must also have informed the school if your child is clinically vulnerable and/or is living with vulnerable adults that are at higher risk of severe illness from Covid-19.

By returning this consent form you give permission for your child to take part in the Bikeability training and allow for relevant adjustments to be made to their bike and/or helmet where considered necessary.

Signed Parent / Guardian:

Date: