Hampshire Outdoors
Participation & Lifelong Learning

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https://www.hants.gov.uk/educationandlearning/participation-lifelong-learning

Bikeability training date:
Monday 11th September

Dear Parent / Guardian,

Hampshire Outdoors would like to offer your child the opportunity to take part in Bikeability training. This is the national cycle training programme supported and funded by the Department for Transport. The training has three levels; Level 1 which is based on the playground and builds confidence in children who can already ride a bike, Level 2 which teaches children to cycle on local roads and Level 3 which uses more challenging roads. We will be working on Level 1 and Level 2 Bikeability with the children with 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.

If your child is not able to ride a bike then they can participate with the group on the first day on the playground, although unfortunately our instructors are not able to support them on the road for the rest of the week. Please contact the school to discuss what provision might be available for them during this time.

Bikeability builds confidence with cycling and helps with independent thinking and decision making. All our Bikeability training is delivered by qualified, professional, DBS checked, National Standard Instructors.

It is important that children learn to ride of their own bike so that they gain confidence to ride outside of the sessions and use cycling as an active way to travel. Each child will need a fully operational bike with two working brakes and a cycle helmet. If they **do not have access** to a helmet or bike please let your school know and we will endeavour to make the necessary provisions. 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. Students are then encouraged to independently do these checks throughout the training week, although this is over-seen by qualified instructors. Hi-Vis jackets will be provided to all children during the training. Please use the following link in preparation for the training to complete some of

these checks with your child Cycle Training for Children - About Cycle Training | Bikeability. If you are unable to access this link the main points are listed below;

All cycles need to be in tip-top, road-worthy condition before starting on your course.

We like to call them the 'ABCDs' of cycle maintenance:

- *AIR – Have your tyres got enough air?*
- *BRAKES – Do the front and back brakes work properly?*
- *CHAIN – Have you oiled it recently?*
- *DIRECTION – Are your handlebars fixed on tight? Is your seat on tight and pointing forward?*

If you can answer yes to the ABCDs then you are good to go!

Are you looking at your child's bike and don't know where to start with these checks?

Lots of first-time cyclists need a helping hand with this so don't worry, you are not alone. Just take your cycle to a local shop. They can give it the once over for you so when you join us, you are ready to go.

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.

Should you have any questions please do not hesitate to contact me via your school.

Yours Sincerely

Gordon Read
Bikeability Co-ordinator
Office Telephone: 01962 876218
Email: Gordon.read@hants.gov.uk

Please return this form to your school representative / class teacher

Bikeability training date:
Monday 11th September 2023

Student name: ……

Class: ……..

Please put a tick in the appropriate boxes below;

My child cannot ride a bike ☐

Current cycling ability *(Please tick one)*
(1 – non rider, 5 – very confident on roads)

☐	☐	☐	☐	☐
1	2	3	4	5

My child has a bike in good working order ☐

My child will need to borrow a bike ☐

My child will need to borrow a helmet ☐

I give permission for my 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.

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

Signed Parent / Guardian: ……

Date: ……..