Bikeability Level 1 and 2 Training

Bikeability training date:
31st October 2022 – 4th November 2022
Badgers Class

Dear Parent / Carer,

We 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 course builds the skills and confidence of children who can already ride. 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.

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. 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 additional 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 over-seen 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. If your child is a Non rider please contact your school directly for options available.

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
Sports & Leisure Operations Manager
Email: Glenn.Vincent@personalbesteducation.com.

Department for Transport

www.bikeability.org.uk

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Please return this form to your school representative / class teacher

Bikeability training date:
31st October 2022 – 4th November 2022
Badgers Class

Student name: ……

Class: ……..

Please put a tick in the appropriate boxes below;

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 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.

Instructors will comply with current government and Bikeability Trust Covid guidance to minimize all risk of transmission, by returning this consent form you accept that all risk of transmission cannot be fully mitigated.

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: ……..

Department for Transport

www.bikeability.org.uk