

Dear Parents,

Bikeability is based on the government approved National Standards for cycle training. Organised by West Berkshire Council, it is delivered at schools by qualified Bikeability Instructors who are fully DBS checked.

Courses available to schools include:

Bikeability Level 1 (Year 5)

Bikeability Level 2 plus Bikeability Fix (Year 6)

Bikeability Level 3

Your child will need a road-worthy bike which is the right size. If your child arrives at school and the bike is not safe, or too big or too small, they will not be able to take part. We obviously don't want to disappoint any child so if in ANY doubt please get it checked by a qualified bike mechanic. Your child's safety is our priority.

Your child must have a cycle helmet that fits them correctly. Full-face helmets are not permitted as the children cannot hear the instructors properly.

Your child must wear suitable clothing. The children will be instructed in all weathers. We advise closed-toe shoes (no sandals or flip-flops), and gloves in colder weather.

Please ensure you complete the consent form fully. This enables our instructors to ensure that your child is given the support they need. If you feel there is anything which you feel may hinder their training, please let us know so we can make appropriate adjustments. We want everyone, regardless of ability, to have the opportunity to access our cycle training. Our aim is to include everyone so the more information our instructor has ahead of the course about your child the better.

While your child is being instructed we expect to have their full attention. If they do not listen to the instructors they may miss vital information that will keep them safe.

Once your child has completed the course we'd obviously love them to practice their new skills. Please encourage your child to ride their bike as often as possible. We also provide extra support with our Bikeability Family courses to help you all ride safely together.

If you want more information about any of these courses visit:

www.bikeability.org.uk or email
activetravel@westberks.gov.uk for further details.



Why is cycling good for us?

Social

- We can spend time with friends
- We can explore new, different places independently

Health

- It is good for our hearts and lungs
- It can increase our physical activity levels
- Cycling rather than being in a car can reduce air pollution and carbon emissions

Why are we providing this in schools?

Physical Benefits

- Help us to develop strong muscles (including our largest muscles)
- Helps with our balancing skills and spatial awareness

Thinking

- Improves our decision making
- Helps us with planning and organisation
- Increases our independence



Level 1 will:

- Be taught in the playground
- Prepare you for a journey
- Help you to check your bicycle is ready for a journey
- Help you to set off, pedal, slow down and stop
- Provide you with core road skills including looking behind, cycling one-handed, turning and controlling speed



Level 2 will:

- Be taught on quiet local roads
- Help you to cycle safely and responsibly
- Help you identify and respond to hazards
- Help you to start and stop on road journeys and maintain suitable riding positions
- Help you to understand signals, signs and road markings
- Help you to understand how to manage risk when cycling and help you to negotiate junctions (pass side roads, turn at T-junctions, and crossroads and roundabouts)



Level 3 will:

- Be taught on busy and more challenging roads
- Help you to plan a journey
- Help you to plan and ride assertively everywhere cycling is permitted
- Support you to maintain suitable riding positions
- Help you to cooperate with, and respect other road users (including avoiding driver blind spots and riding with others)
- Give you the skills to pass queuing traffic and use junctions controlled by traffic lights



Consent Form

(No training will be provided without a completed and signed consent form by an appropriate adult)

Full Name of Child:

School:

Year group (Yr 5 or 6):

Bikeability Level (Level 1, 2 or 3):

Are there any medical/ educational needs we need to be aware of?

Yes

No

If Yes please provide as much information as possible.

Bikeability is inclusive. If your child has additional needs on a day-to-day basis it may mean they need extra support while training. We can do this if we know about it in advance. The safety and inclusivity of ALL our young riders is important to us.

Please read the following statements and **tick each box** to acknowledge your understanding of the training

I agree to my child taking part in the cycle training as outlined above.

My child can competently ride a bike (may be refused if not).

I acknowledge that the instructors can refuse to train my child if they deem his/her cycle to be un-roadworthy.

Tyres must be in good condition and they must have two working brakes.

It is my responsibility to ensure my child has a roadworthy bike and I will get it checked over by a qualified cycle mechanic if I'm not sure.

I have completed an ABC check on my child's bike as identified here:

<https://bikeability.org.uk/bikeability-training/get-ready/>

I accept that an instructor has the right to end training with my child should their ability to ride or their behaviour not be deemed suitable. This is for the safety of your own child and that of others around them.

West Berkshire Council will not be responsible for any injury or disease transmission or be liable for any loss or damage to participants' cycles and other belongings.

I will provide a suitable cycle helmet for my child and ensure it fits correctly. This needs to be an open-faced cycle helmet not the BMX style full head helmet. These are not suitable as they restrict a child's ability to hear any instruction being given and awareness of other traffic on the road.

I consent to the Bikeability instructor 'adjusting' my child's helmet if required, however I confirm they are not responsible for the physical condition or appropriate fitting of the helmet.

I understand that rider characteristics data collected will be used to support the delivery and monitoring of training sessions/courses, see www.bikeability.org.uk/privacy-policy/ for further details.

I understand that if my child is taking part in Bikeability Level 3, they must have completed a route plan prior to attending the course:

I agree to encourage my child to practice between each session and after the completion of training – this will prepare them for independent travel as they move onto secondary school. www.routeguard.co.uk/

I agree to pay the nominal fee of £10 for my child to attend the course and understand if they do not attend the full course costs may be chargeable.

If you are **NOT** happy for your child to be photographed and/or filmed to help promote Bikeability, please tick

I confirm that I have read all the information enclosed and consent to taking cycling lessons and related activities, which may include cycle maintenance as well as riding on the public highway.

PRINT NAME (parent/guardian):

Signed (parent/guardian) :

Date:
