

GET READY

Before your course it is really important to have a few things sorted including: Your bike, your helmet and your clothing. We've put together some tips for you to make sure you are all set before taking part in training.

MY BIKE

Make sure you check that your bike is in good working order, with the tyres inflated and the moving parts working well. If you need to take it to a bike shop before-hand, don't leave it to the last minute!

BEFORE EVERY RIDE, REMEMBER TO CHECK...



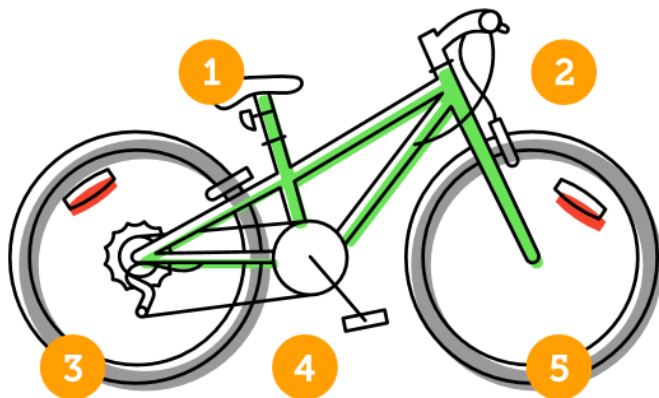
AIR



BRAKES



CHAIN



1. Make sure your saddle, handlebars and wheels are fixed on tight
2. Ensure both your front and rear brakes work properly
3. Run through all of your gears
4. Clean and oil your chain regularly
5. Check your tyres are pumped up

Visit bikeability.org.uk/bikeability-training/get-ready/

MY HELMET

A requirement of the course is that you know how to fit your helmet properly.



Department for Transport

www.bikeability.org.uk

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BIKEABILITY CONSENT FORM - SCHOOL Level 1 - 3

PARENT/ GUARDIAN – CONSENT FORM (NO TRAINING WILL BE GIVEN WITHOUT A COMPLETED CONSENT FORM)

Full Name of Child:	Click or tap here to enter text.
School:	Click or tap here to enter text.
School Year:	Click or tap here to enter text.
<p>Are there any medical/ educational needs we need to be aware of? *please provide as much information as possible – If they have support in the classroom they may need support while training – our instructors and the safety of all the riders is important.</p> <p>If necessary we can offer a more bespoke course to support your child but we need to know this in advance</p>	
	Click or tap here to enter text.

Please read the following statements and **tick each box** to acknowledge your understanding of the training criteria, once completed return to the **school office**:

<input type="checkbox"/>	I agree to my child taking part in cycle training.
<input type="checkbox"/>	My child can competently ride a bike (may be refused if not).
<input type="checkbox"/>	The instructors WILL refuse to train my child if they deem his/her cycle to be <u>un-roadworthy</u> (must include two working brakes).
<input type="checkbox"/>	It remains my responsibility to ensure my child does not ride an un-roadworthy bike and if I am in doubt as to whether a cycle is roadworthy I should seek the advice of a professional mechanic.
<input type="checkbox"/>	I have completed an ABC check on my child's bike https://bikeability.org.uk/bikeability-training/get-ready/
<input type="checkbox"/>	Instructors may at any time refuse to continue to train my child if their behaviour or cycling ability is deemed unsuitable. (West Berkshire Council) will not be responsible for any injury or disease transmission or liable for any loss or damage to participants' cycles and other belongings
<input type="checkbox"/>	I will provide a suitable cycle helmet for my child and ensure it fits correctly (bmx style full head helmet is not suitable, as it restricts a child's ability to hear any instruction being given and awareness of other traffic on the road).
<input type="checkbox"/>	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
<input type="checkbox"/>	I understand that rider characteristics data collected will be used to support the delivery and monitoring of training sessions/courses, see bikeability.org.uk/privacy-statement/ for further details.
<input type="checkbox"/>	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. http://www.routeguard.co.uk/

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

I confirm that I have read all the information enclosed and consent to my child (or the above child for whom I take responsibility) to take cycling lessons and related activities, which may include cycle maintenance as well as riding on the public highway.

PRINT NAME (parent/guardian):	Click or tap here to enter text.
Signed (parent/guardian) :	Click or tap here to enter text.
Date:	Click or tap to enter a date.

