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Bikeability training date:
Rooksdown 10,11,12th November 2025
Learn to ride and Level 2 Bikeability

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. We provide a range of courses: Bikeability Balance, Learn to Ride, Bikeability Level 1, Level 2, and Level 3. The learn to ride module is for riders who are unable to ride a bicycle without support.

Bikeability Level 1 is based on the playground and builds confidence in children who can already ride a bike, Level 2 teaches children to cycle on local roads and Level 3 uses more challenging roads.

We will be offering learn to ride sessions (teaching children who are currently unable to ride a bicycle without support how to ride on the playground) or Level 2 Bikeability with the children during their school day. The main aim of Level 2 is for the children to be able to make a short journey in a safer manner and be more aware of road safety issues.

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. Children are

then encouraged to independently do these checks throughout the training, although this is over-seen by qualified instructors. Hi-Vis jackets will be provided to all children who participate in on-road training.

Please use the following link in preparation for the training to complete some of these checks with your child <https://www.bikeability.org.uk/get-cycling/cycle-training-for-children/>. Checks include that their tyres have enough **air** in them, their **brakes** are working as they should, their **chain** flows effectively and isn't rusty, and the handlebars are fixed on tight and turn the bike in the intended **direction**. If you feel the bike needs maintenance, then take it to a local bike shop who will certainly be able to help!

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.

If you would like your child to participate in the training then please could complete the Google Form below by 22nd September so that we can ensure every child is provided for.

<https://forms.gle/cmGCHvxQsGk1rSis7>

Please note, if your child is not able to ride a cycle and you sign them up for a learn to ride session, session times and duration will be different to the Level 2 training.

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

Yours sincerely,

The Bikeability Team, Hampshire Outdoors

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