

For your child to take part in this course you will need to provide and check the following:

Riding skill – your child must be able to ride unassisted, without stabilisers to take part in Bikeability. It really helps if they can already ride one-handed and keep a straight line, but they will practice this on the playground during Level 1 training.

If they need extra help, please let us know on the form and we will do everything we can to support them to take part.

The cycle - make sure the cycle is the right size for them and is in good working order, with the tyres inflated and the moving parts working well. If you need to take it to a repair shop before-hand, don't leave it to the last minute!



- 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

REMEMBER YOUR

A	B	C
AIR	BRAKES	CHAIN

BEFORE EVERY RIDE

If your child uses an adapted cycle or tricycle because of disability or medical needs, that's fine – just let us know on the booking form.

Helmet – their cycle helmet should sit comfortably and level on their head, (not too tight or too loose), with the peak sitting about two fingers width above your eyebrows. The side adjusters should sit just below your ears with the straps forming a nice 'V' on the side of your head, and the chin strap should allow for one finger to fit between it and your chin.

Clothing – they should wear comfortable clothing that allows them to ride easily, including shoes that fit securely, such as trainers. Be prepared for the weather to change! On cold or wet days, make sure that they have a warm and waterproof coat, gloves, and an extra layer or two. On warm, sunny days they should use sunscreen and bring a bottle of water.

Important cycle, helmet and clothing guidance is available at Bikeability.org.uk | [Cycle training FAQs](#)

Wiltshire Council does not maintain any personal accident cover and is only insured against its legal liability to third parties if they are injured or their property is damaged during any cycle training organised and approved by the Council. Parents/carers of pupils participating in cycle training are advised to make their own arrangements to insure their children against personal accident, loss or damage to their cycles or other personal effects.

If you have any questions regarding **Bikeability training in Wiltshire, please contact the Road Safety team at bikeability@wiltshire.gov.uk or 01225 713700**

If you want to find out more about Bikeability in general, visit www.bikeability.org.uk