

15th July 2025

LEVEL 1 & 2 BIKEABILITY TRAINING

Dear Parent/Guardian

I am delighted that your child will be taking part in Bikeability Level 1 & 2 cycle training course, which is delivered by Middlesbrough Environment City, week commencing Monday 8th September 2025.

Bikeability is the Cycling Proficiency Test for the 21st century, designed to give the next generation of children the skills and confidence to ride their bikes on today's roads. To get their Bikeability award, children will be instructed on how to ride their bikes to the Government-approved National Standard for Cycle Training, which sets out the training and skills essential for making cycling trips in today's road conditions.

Please note that this training is aimed at children who are already able to ride a bike.

Level 1 cycle training is covered in a traffic free environment. By completing Level 1, your child will be able to demonstrate the skills and understanding to be able to make a trip and undertake activities safely in a motor traffic free environment and as a pre-requisite to a road trip.

Level 2 training is covered on quiet roads but with real traffic conditions. By completing Level 2 your child will be able to demonstrate the skills and understanding to be able to make a safer trip on quiet roads.

Please ensure that your child attends the training with a well-maintained cycle with two working breaks, and a cycle helmet (helmets can be provided if required).

Bikeability is not just about teaching children to ride a bike and equipping them with the necessary skills and knowledge needed to ride a bike safely throughout the rest of their life. It's also about introducing them to cycling as an everyday activity – an alternative mode of transport, an enjoyable pastime, which brings a healthier lifestyle and ultimately lots of fun.

Please consent to your child taking part by using the following link or QR code:

<https://consent.bikeability.org.uk/save-debut-lose>



If you have any queries please do not hesitate to contact the school office on office@stpauls.bhcet.org.uk

Yours sincerely,

Middlesbrough Environment City