



17th January 2024

Dear Parents/Carers

Your child's school has chosen to take part in a Bikeability cycle training course on the following dates:

Friday, 22nd March & Monday, 25th March 2024 - Year 6 Panthers
Tuesday, 26th March & Wednesday, 27th March 2024 - Year 6 Cougars

Bikeability is all about gaining practical skills, developing awareness and understanding how to cycle safely on the road. It's like cycling proficiency, but better! Bikeability gives everyone the skills and confidence for all kinds of cycling.

Please be assured that we have taken every precaution in delivering a fun and safe session in line with current government guidance and Bikeability.

There are three award Levels, each designed to improve cycling skills, no matter what is known already. Trainees progress from the basics of balance and control, through to more advanced cycling techniques, hazard perception and safe strategies towards cycling independently.

Participants must wear appropriate clothing and a change of clothes is advisable in poor weather. To take part in the session your child must:

- **Have a road worthy bike with 2 brakes**
- **Have a cycle helmet that fits correctly**
- **Be able to ride a bike confidently without stabilisers**
- **Meet all level 1 outcomes below**

Level 1

At Level 1 new riders learn to control and master their bikes in a space away from traffic, such as a playground or closed car park. At Level 1 you can:

- prepare yourself and your bike for cycling
- get on and off your bike without help
- start off, pedal and stop with control
- pedal along, use gears and avoid objects
- look all around and behind, and control the bike
- share space with pedestrians and other cyclist

Level 2

Level 2 takes place on various local streets around school, providing a genuine cycling experience. Trainees learn how to deal with traffic on short journeys such as cycling to school or the local shops.

At Level 2 you can:

- prepare for on-road cycling
- start and finish an on-road journey
- recognize typical hazards
- let others know what you intend to do
- know how and where to ride on the road
- pass parked vehicles and side roads
- understand *right of way*, *give way* and other principles of The Highway code

We will be delivering Level 1 and 2 in this forthcoming session. **Please note that your child will have to complete all Level 1 outcomes to a satisfactory standard before being able to progress on to Level 2. This may result in some children having to stay behind at school if the instructors feel the child isn't ready to progress on to the road.** Constructive feedback will be given verbally and on their Level One Certificate.

We ask that you read the consent booklet coming home with the children tonight to make sure you fully understand the bike check section and return to Walmsley School the completed Parental Consent Form by **Friday, 16th February 2024**. Please note the consent form will cover your child to take part in all the Bikeability levels including Bikeability + and will be valid for an academic year.

We can provide bikes for children who may not have one. These are hired on a first come first serve basis as numbers are limited. The hire charge is £20 per bike. **Bike hire can be booked via Walmsley School's Gateway App by Friday, 16th February 2024.** Unfortunately, once a bike has been ordered and delivered to school, no refund can be made.

Very Important Note: Hiring a bike is no guarantee that your child will be able to progress on to Level 2. Hire charges will still apply.

Many thanks

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