



## Bikeability Training in School

Monday 30<sup>th</sup> September 2024

Dear parents and carers,

Great news! We will be coming to your school to do Bikeability training with your children in year 6.

Our training will take place at/around school on 14-17<sup>th</sup> October 2024.

The Bikeability Level 1&2 course is progressive, it aims to improve rider's skills and confidence for cycling on smaller roads and simple junctions without too much traffic. It prepares riders for cycling on larger and busier roads and more complicated junctions.

As part of the course, we cover Bikeability level 1 fundamentals which ensures your child is safe to ride on the roads. All the riders will have to show the instructors they can do everything at the Bikeability Level 1 before they can go on the roads.

Each child will require a roadworthy bike, a helmet, suitable clothing for spending up to 90 minutes riding a bike outside (e.g., A shower-proof coat if it is going to rain, gloves if cold) and secure flat shoes/trainers, water, other personal requirement e.g., Medication needs, sun cream, inhaler.

Roadworthy condition means both brakes are fully working, tyres pumped up, gears (if present) operate as designed, chain properly lubricated.

For more details about courses and some useful information regarding helmets, bike sizing, etc. please visit our web site at <https://www.spokesci.com/for-parents>

The cost of the course is £5 per child, non-refundable. If you would like your child to take part, please sign and return the attached consent form to the school no later than **Friday 4<sup>th</sup> October 2024**. Funding is limited, so please return the paperwork as soon as possible to be assured place.

If you have any questions, please contact us via the school or the email address below.

Kind regards



# BIKE, HELMET AND CLOTHING CHECK

**Please check your child's bike before they start their cycling training. Below are some tips for you.**

## Bike Size and clothing

Your child should be able to sit on the saddle and touch the ground with the balls of both feet. Below is a children's bike size guideline and a list of what to wear and not wear.

- Trainers
- Lace ups/Velcro
- Trousers/leggings/shorts
- Hip length waterproof jacket
- Sunscreen
- Gloves

- Slip on shoes/ballet pumps
- Mittens
- Long Scarf



## Making sure your helmet fits correctly

The helmet should be a snug fit, and positioned squarely on the head, sitting just above the eyebrows

It should not be worn tipped forward, or tilted back

Straps should be securely fastened and not twisted

You should be able to put 2 fingers between the strap and your chin. Any more and it is too loose.

## Pre-course bike safety check

Visit Halfords online safety check [www.halfords.com/cycling/bike-maintenance/care-plans/free-bike-check](http://www.halfords.com/cycling/bike-maintenance/care-plans/free-bike-check)

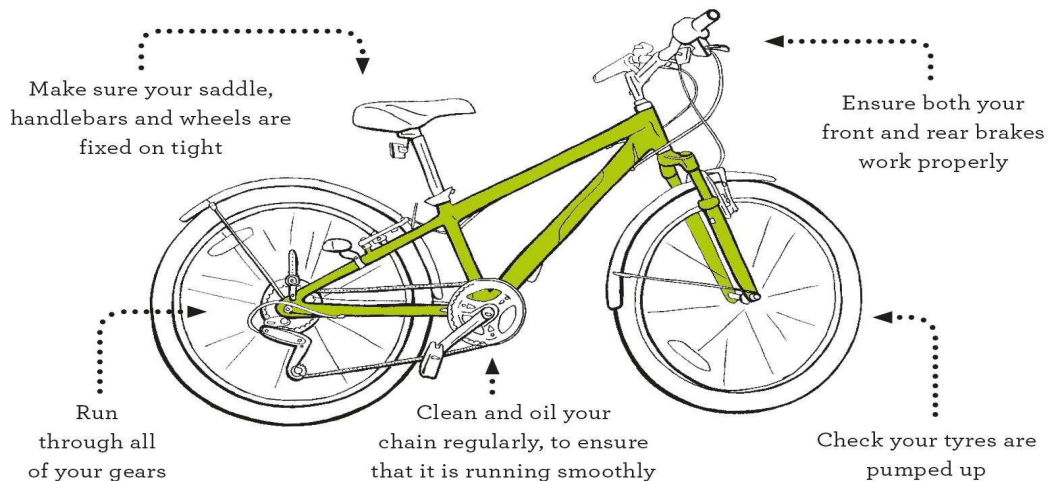
**Remember your...**

**A**  
AIR

**B**  
BRAKES

**C**  
CHAIN

**before every ride**



## Parental Consent Form for Bikeability Cycle Training

Dear Parent / Carer

Great news! Your child has been offered the opportunity to take part in Bikeability cycle training. We need your consent for your child to participate in Bikeability cycle training. Please complete the following form and return it as soon as possible to your school. Failure to complete this form will unfortunately result in your child being unable to take part in Bikeability cycle training.

### What is Bikeability?

Bikeability is the government's national cycle training programme. It helps you learn practical skills and understanding of how to cycle on today's roads. Bikeability gives everyone the confidence to cycle and enjoy this skill for life.

Find out more: [www.bikeability.org.uk](http://www.bikeability.org.uk)

Name:

School Year:

Relevant medical conditions:

Relevant additional or special educational needs:

## Parental Consent Form for Bikeability Cycle Training

I am happy for photographs or videos to be taken of my child during Bikeability cycle training. These images may be used by the school, training provider or Bikeability Trust to promote the programme.

Yes  No

Pupils will need to bring a roadworthy bike and we recommend a helmet that fits securely.

A roadworthy bike has:

- Inflated tyres, as hard as an apple
- Two working brakes
- A well-oiled chain
- A saddle and handlebars which are fixed on tight

For tips on how to check your bike is roadworthy, visit <https://bikeability.org.uk/bikeability-training/get-ready/>

If you are still unsure, please seek the advice of a professional mechanic in advance of Bikeability cycle training.

For my child to take part in Bikeability, I confirm the following:

	Tick to confirm
My child can already ride a bicycle and I understand that cycle training will be refused if they cannot ride competently.	
My child is medically fit to take part in Bikeability.	
My child will bring a roadworthy bike and I understand that cycle training will be refused if their bike is not suitable.	
My child will bring a helmet that fits securely.	
My child will have weather appropriate clothing.	
My child is responsible for their own behaviour, and I understand that cycle training may be refused if my child's behaviour puts them at risk to themselves or others.	
I have read all of the information and consent to Bikeability cycle training for my child	

I understand that if my child misses any element of the course they may not be permitted to continue.

**Signed (Parent/Carer)**

**Date**

At BESPOKE Cycling Instruction Ltd we recognise the importance of protecting your personal information and are committed to processing it responsibly and in compliance with applicable data protection laws as set out in the General Data Protection Regulation (GDPR) & the Data Protection Act.