



Monday 30th September 2024

Bikeability Training in Schools

Dear parents and carers,

Cycle Training for Year 4 Riders

Great news! We will be coming to your school to do Bikeability training with your child/children in year 4.

The Bikeability Level 1 course helps children get more skilled and confident in riding their bikes in the playground and get them ready for cycling on the road. Riders **MUST** already be able to ride a bike - pedal and freewheel - to participate in this level.

Each child will require a roadworthy bike, a helmet, suitable clothing for spending up to 120 minutes riding a bike outside (e.g. A shower-proof coat if it's going to rain, gloves if it is cold) and secure flat shoes/trainers, water, plus other personal requirements e.g. Medication needs, sun cream, inhaler.

Cycles must be in a roadworthy condition which means both brakes are fully working, tyres are pumped up, gears (if present) operate as designed, the chain is properly lubricated.

Bikeability is government-recognised, practical and professional training, and we know that cyclists are more skilled and more confident once they've taken part.

Our training will take place at school on the following date(s):

Date: Wednesday 16th October 2024

Duration 2 hours

Cost: £5

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Please complete and sign the attached consent form and return to school no later than **Friday 4th October 2024.**

Kind regards



BIKE, HELMET AND CLOTHING CHECK

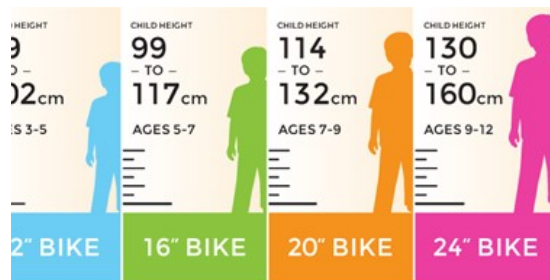
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Bike Size and clothing

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
- ✗ 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
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Remember your...

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AIR

B
BRAKES

C
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before every ride

Make sure your saddle, handlebars and wheels are fixed on tight

Ensure both your front and rear brakes work properly

Run

Clean and oil your

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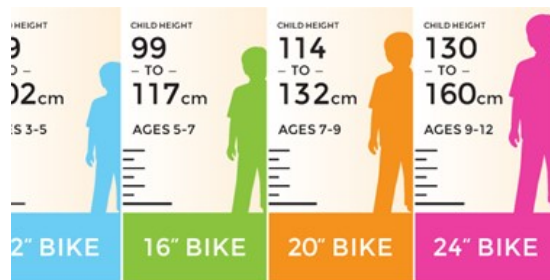
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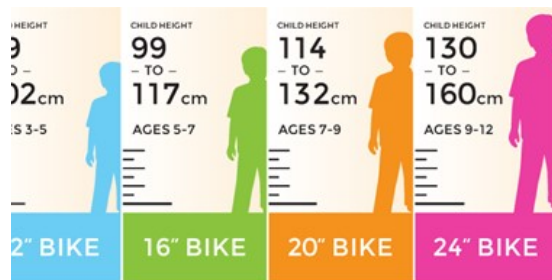
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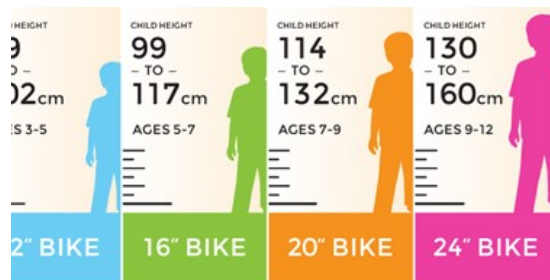
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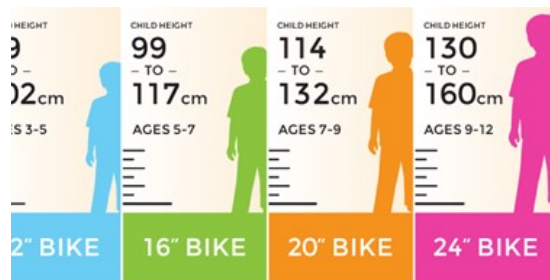
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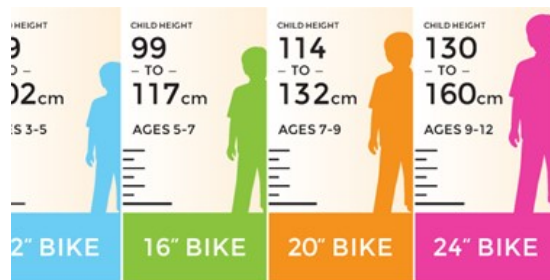
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CHAIN

before every ride

Make sure your saddle, handlebars and wheels are fixed on tight

Ensure both your front and rear brakes work properly

Run

Clean and oil your

Parental Consent Form for Bikeability Cycle Training

Dear Parent / Carer

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BIKE, HELMET AND CLOTHING CHECK

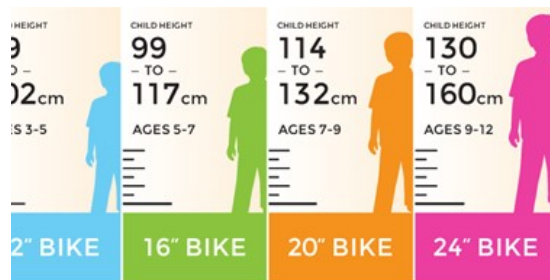
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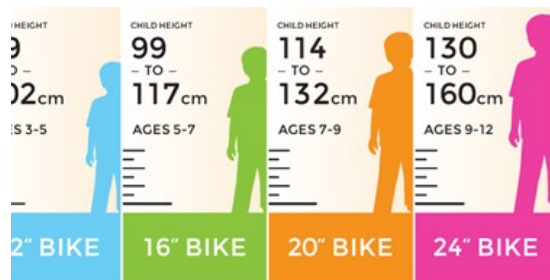
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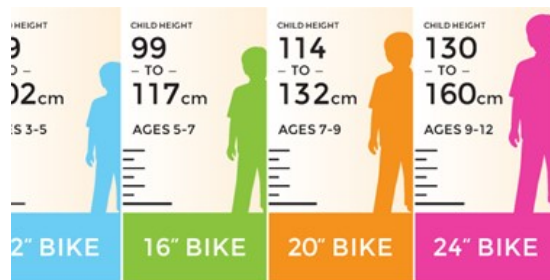
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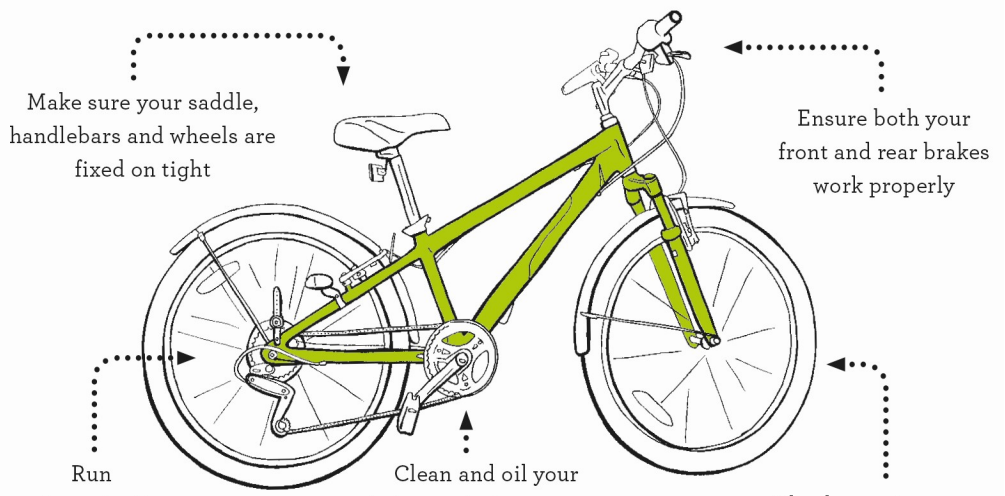
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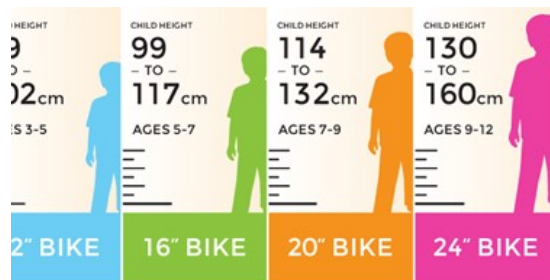
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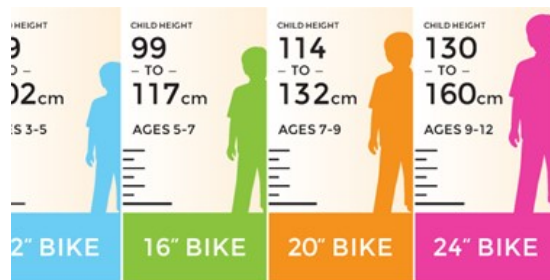
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The Bikeability Level 1 course helps children get more skilled and confident in riding their bikes in the playground and get them ready for cycling on the road. Riders **MUST** already be able to ride a bike - pedal and freewheel - to participate in this level.

Each child will require a roadworthy bike, a helmet, suitable clothing for spending up to 120 minutes riding a bike outside (e.g. A shower-proof coat if it's going to rain, gloves if it is cold) and secure flat shoes/trainers, water, plus other personal requirements e.g. Medication needs, sun cream, inhaler.

Cycles must be in a roadworthy condition which means both brakes are fully working, tyres are pumped up, gears (if present) operate as designed, the chain is properly lubricated.

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Our training will take place at school on the following date(s):

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Duration 2 hours

Cost: £5

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Please complete and sign the attached consent form and return to school no later than **Friday 4th October 2024.**

Kind regards



BIKE, HELMET AND CLOTHING CHECK

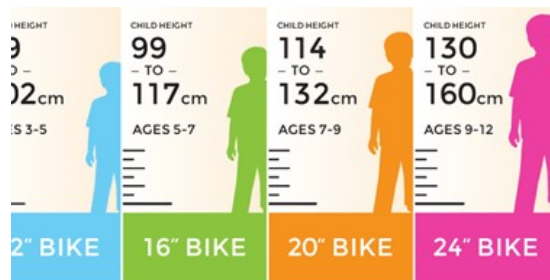
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Making sure your helmet fits correctly

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B
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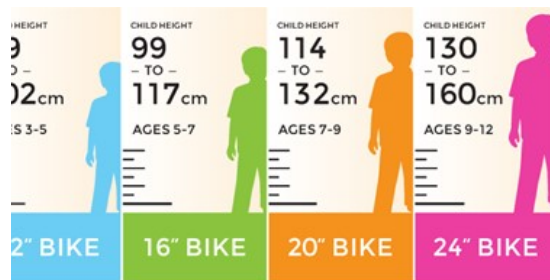
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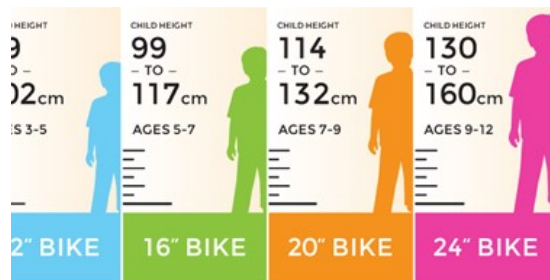
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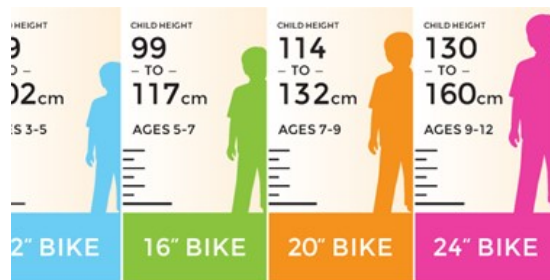
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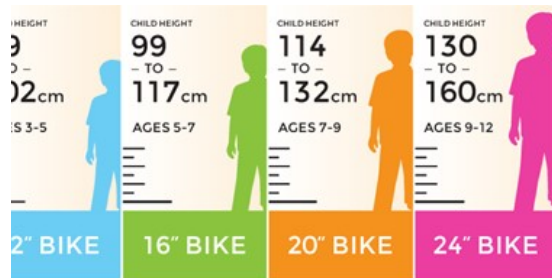
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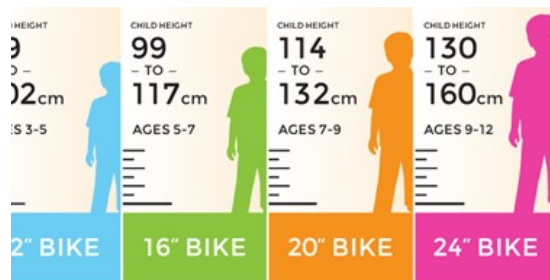
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Make sure your saddle, handlebars and wheels are fixed on tight

Run

Clean and oil your

Ensure both your front and rear brakes work properly

Parental Consent Form for Bikeability Cycle Training

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School/Organisation:

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Yes No

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Monday 30th September 2024

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BIKE, HELMET AND CLOTHING CHECK

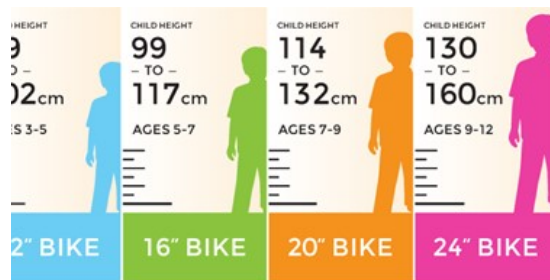
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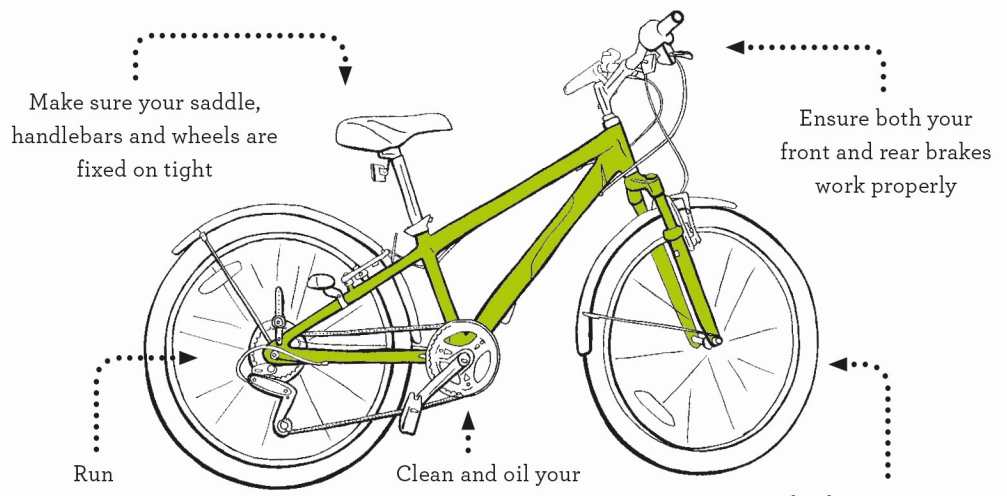
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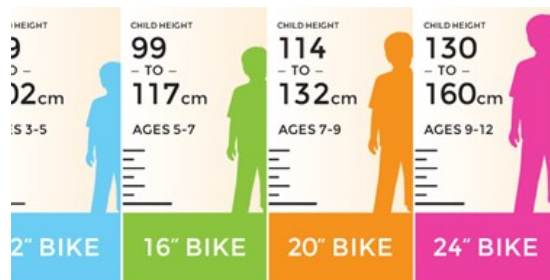
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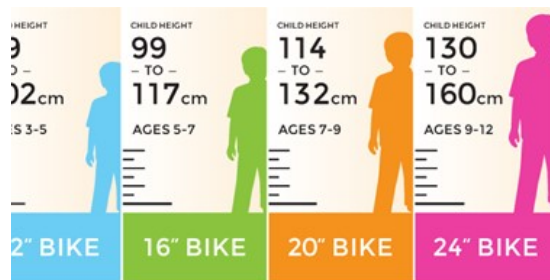
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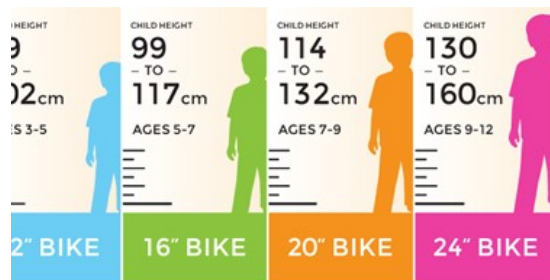
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BIKE, HELMET AND CLOTHING CHECK

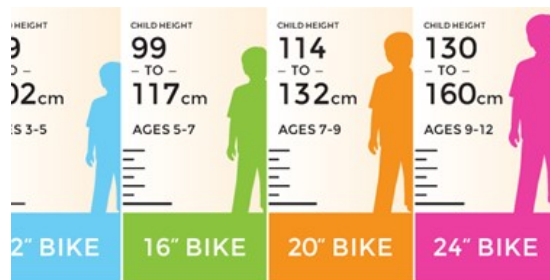
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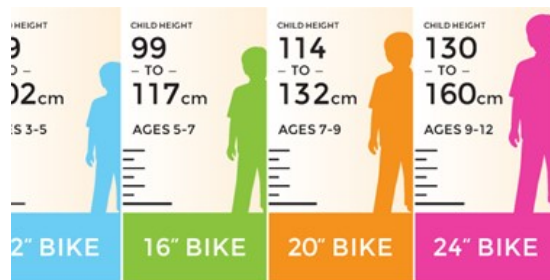
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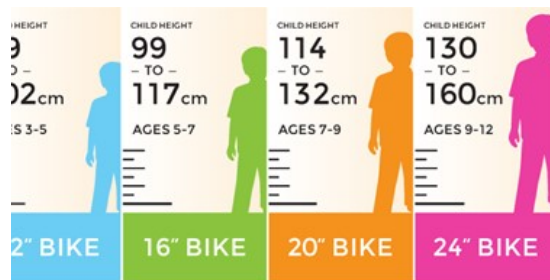
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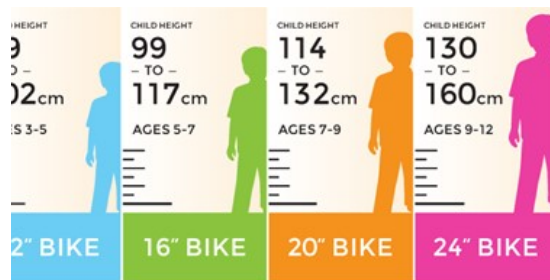
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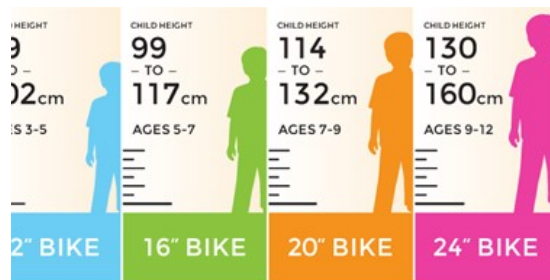
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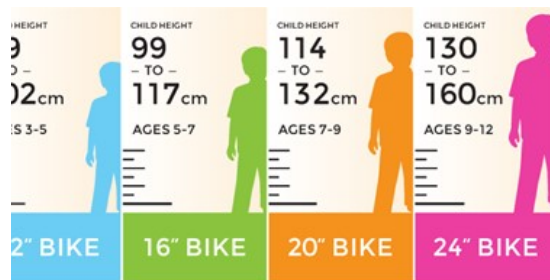
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Ensure both your front and rear brakes work properly

Run

Clean and oil your

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

Name of child:

School/Organisation:

School Year:

Relevant medical conditions:

Relevant additional or special educational needs:

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 (please tick, circle, or highlight the chosen option)	Yes No
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	

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.