



Dear Parent/Carer,

Level 1/2 Bikeability Course

I am delighted that your child is being offered a place to take part in a Level 1/2 Bikeability cycle training course on at Neston Primary School.

Please complete the parent/carer consent form at the bottom of this letter, bike check form and return to school ASAP.

Bikeability is the new cycle training 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. The standard has been developed by over 20 organisations and is maintained by the professional body for cycle training, the Cycle Training Standards Board.

There are three Bikeability levels:

Level 1 is usually 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 is covered training 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 trip safely to school, or for leisure on fairly quiet local roads.

Level 3 is covered on busy roads incorporating real traffic conditions and advanced road features. By completing Level 3 your child will be able demonstrate the skills and understanding to be able to make a trip safely to school, work or leisure on busy roads and using complex junctions and road features. Children will be encouraged and inspired to achieve all three levels, recognising that there is always more to learn and to enjoy on a bike.

Checklist for training

Your child will need to ensure that they are adequately prepared for their training. Firstly you need to ensure that your child's bike is roadworthy. You must be prepared to organise and pay for any repairs to make your child's bike roadworthy. The first step to safer cycling is to ensure that bikes are regularly checked and children doing their Level 1 Bikeability will be shown what to look out for and simple maintenance. As instructors, we reserve the right to refuse to take out any child whose cycle is not the correct size or is considered un-roadworthy.

You should ensure:

Saddle and handlebars are adjusted to the correct height

- Brakes are functioning
- Tyres are pumped up with no punctures

It is also important that your child is dressed appropriately for the training:

- Think about the weather – if it's raining you might want to ensure that your child has waterproof clothing with them.

Don't forget about a properly fitted cycle helmet, the correct size and fit. This should bear a recognised test standard such as the BSI Kite Mark, ANSI or American Snell B. 95, European CE Mark.

- Ensure your child is wearing shoes with a closed heel and toe.
- High-visibility vests will be provided for each child on the day.
- Your child must attend all training sessions.
- Trainees will be under supervision at all times and misbehaviour will not be tolerated.
- If your child is considered to be unsafe, they will not be allowed to continue cycle training on road.
- **There is a course administration fee of £5.00 paid in advance, and is non-refundable even if your child does not complete the course.**
- **Cheques/payments are to be made payable to the school.**

Once your child has completed each level of their Bikeability, they will receive a luminous metal badge, booklet and certificate.

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. Bikeability will give your child a life skill that once they've learnt, they will never forget.

For further information about Bikeability, please do not hesitate to contact me. You can also visit the Bikeability website for more detailed information about Bikeability training (www.bikeability.org.uk).

Yours sincerely,

Julie Milne

Bikeability Instructor

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Bikeability Parent/Carer Consent Form

This form must be signed and returned to the school, and handed to the instructor before training commences. If it is not, your child **will not** be permitted to take part in the cycle training course.

Bikeability course at:.....

Dates (to be arranged, and will be confirmed by your school):

Name and age of child:.....

School Year (delete as appropriate): Year 6

Does your child have any medical condition which may affect him/her on the course? (delete as appropriate)

Yes/No

If yes, please give details:.....

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Emergency contact name:

Emergency contact number:

I agree to my child taking part in the Bikeability course and understand that it will involve cycling under supervision on roads in the selected training area.

Signature of parent/carers:.....

Date:.....