

## Opportunity for your child to participate in Bikeability cycle training



Dear Parent/Carer,

Oaklands Junior School has scheduled Bikeability Level 2 cycle training for year 6 children and I am writing to invite you to register your child to participate in Bikeability cycle training.

Bikeability Level 2 cycle training has been scheduled to take place during regular school hours during the week commencing Monday 16<sup>th</sup> March 2020.

### What is Bikeability Level 2?

Bikeability is the only UK government-recognised cycle training scheme, funded by the Department for Transport and is designed to teach pupils the skills and confidence to cycle safely.

The Bikeability Level 2 course is designed for children in years 5 & 6, comprising 2-hours Level 1 training in a traffic-free environment, followed by Level 2 sessions delivered over consecutive days. The course typically runs for a total of 8 hours and is designed to give your child the skills and confidence needed to ride on local roads, of the type that are often found around schools. In groups of up to twelve children, supervised by two qualified National Standard Instructors, your child will be taught how to safely deal with traffic on short journeys, such as the trip to school or the local park.

### Cycle Experience Limited, your approved Bikeability Provider

Cycle Experience Limited is appointed by your Local Authority, having successfully demonstrated the ability as an Approved Bikeability Scheme Provider (appointed by the Department for Transport) to work with schools to deliver Bikeability cycle training.

Cycle Experience has delivered Bikeability cycle training to children for many years, supplying professional National Standard Instructors to deliver school cycle training programmes to more than 21,000 school children each year.

### What will my child need to participate in Bikeability cycle training?

To participate in Bikeability cycle training, your child will need to bring a bike which is roadworthy and of the correct size, a cycle helmet and weather appropriate clothing and footwear for outdoors training. Please see the attached **Bike, Helmet & Clothing Check Form** to help ensure that you are able to meet all of these requirements and to guide you through checking the suitability of your child's bike.

As your child will be attending a Bikeability Level 2 course, there will be the expectation that they are already able to ride their bike to Level 1 standard, are able to balance on their bike without support, look behind without wobbling and confidently hold a signal for at least 3 seconds. In order to cover

several Health & Safety elements, as well as to assess each child's current cycling ability, each child will receive a two-hour Bikeability Level 1 refresher on the school playground before progressing onto local, fully risk assessed minor roads.

### **How much will it cost to participate in Bikeability?**

Bikeability is a government funded initiative which your Local Authority has received a grant to deliver Bikeability to as many children as possible. Unless otherwise stated in a separate letter from your Local Authority or school, Bikeability is completely free of charge and as a parent/carer, you will not be required to pay for your child's participation in Bikeability.

### **How do I book a place for my child?**

There are a limited number of Bikeability places available, so please complete and return the attached **Bikeability Consent Form** to the school reception by **Friday 6<sup>th</sup> March** at the latest. Pupils will be accepted on a 'first come, first served' basis and you will be notified if your child has **not** been allocated a training place.

Yours faithfully,



Mrs. H. West  
Headteacher

# BIKE SAFETY CHECKLIST

Please check your child's bike before they start their cycle training

**TYRES (FRONT & REAR)**

- ☐ Punctured/flat/worn tread
- ☐ OK

**WHEELS (FRONT & REAR)**

- ☐ Rubbing/loose/has spokes missing
- ☐ OK

**HANDLE BARS**

- ☐ Loose/too low/too high
- ☐ Bar end plugs missing
- ☐ OK

**BRAKES (FRONT & REAR)**

- ☐ Blocks missing/worn
- ☐ Rubbing
- ☐ Loose or frayed cables
- ☐ OK

**PEDALS (LEFT & RIGHT)**

- ☐ Loose/not turning
- ☐ OK

**BRAKE LEVERS (LEFT & RIGHT)**

- ☐ Underneath/above handlebar
- ☐ Child cannot reach/squeeze
- ☐ Cracked/broken/missing
- ☐ OK

**SADDLE**

- ☐ Loose
- ☐ Sloping downwards
- ☐ Tilted upwards
- ☐ OK

**CHAIN**

- ☐ Loose/too tight
- ☐ Very rusty
- ☐ OK

**GEARS**

- ☐ Will not change
- ☐ Cables loose/frayed
- ☐ Chain jams in cogs
- ☐ OK

**FRAME**

- ☐ Cracked/bent/very rusty
- ☐ OK

☒ **BIKE SUITABLE**

☐ **BIKE NEEDS REPAIRING BEFORE CYCLE TRAINING**

## BIKE SIZE

Your child should be able to sit on the saddle and touch the ground with the balls of both feet.



## CHILDREN'S BIKE SIZES



## BMX BIKES - ADDITIONAL CHECKS



- Bike **must** have two working brakes.
- If present, front and rear stunt pegs **must** be removed.

# WEARING OF BIKE HELMETS

## ACCEPTABLE HELMETS



Look for the EN safety standard label inside the helmet

## UNACCEPTABLE HELMET



Full face helmet  
No EN safety standard label

### Reasons to replace a helmet

- Does not fit correctly
- Visibly damaged
- Dropped (even if no visible damage)
- Straps are damaged or missing

## FITTING A HELMET CORRECTLY



POSITION THE HELMET



ADJUST THE CHIN STRAP



ADJUST OTHER STRAPS



TEST THE FIT

## RELIGIOUS/CULTURAL CONSIDERATIONS





Cycle  
Experience

TTC Group

Hadley Park East,

Telford, TF1 6QJ

T: 0330 024 1805

[www.thettcgroup.com](http://www.thettcgroup.com)



Cycle  
Experience

## PREPARED FOR WEATHER CONDITIONS

### CLOTHING

- ✓ Trainers
- ✓ Lace ups/velcro
- ✓ Trousers/leggings/shorts
- ✗ Slip on shoes/ballet pumps



### SUMMER CONDITIONS

- ✓ Hip length waterproof jacket
- ✓ Sunscreen



### WINTER CONDITIONS

- ✓ Gloves
- ✓ Hip length waterproof coat



✗ Mittens

✗ Scarf





## **Bikeability Level 2 Consent Form**

**Full Name of Child (PLEASE PRINT)** \_\_\_\_\_

**Parent/Guardian Name (PLEASE  
PRINT)** \_\_\_\_\_

**Please tick the relevant consent boxes below:**

☐

**I would like** to register the above child to participate in Bikeability cycle training. I give consent to my child's name, gender and any relevant SEND and/or medical information to be recorded within Cycle Experience Limited's secure booking platform for the purpose of creating course registers, feedback reports and certificates.

☐

**I give consent** for Cycle Experience Limited to know my child's Surname for the generation of course achievement certificates.

☐

**I confirm** that my child has a roadworthy bike and cycle helmet, both of which are the correct size and will be presented for use in Bikeability delivery.

☐

**I consent** to photographs of Bikeability training delivery being taken by any of the following agencies, which may include photographs of my child, for marketing and promotion purposes:

- Local Authority
- School
- Cycle Experience Limited

**PLEASE NOTE:** A child can be exempt from wearing a protective cycle helmet for religious/cultural reasons ONLY.

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**I wish for my child to be exempt from wearing a helmet on religious/cultural grounds.** I fully understand that Cycle Experience Limited cannot accept liability for any injury sustained as a result of my child not wearing a protective cycle helmet during Bikeability participation.

**If you are declining the offer of Bikeability cycle training, would you please tell us why? Your feedback will help us to improve the services that we offer:**

**Medical or other conditions/requirements which may be of relevance on enabling your child to participate in Bikeability cycle training:**

**Parent/Guardian Signature:**

**Date:**

**Contact Telephone Number:**

**School Name:**

**PLEASE RETURN COMPLETED FORM TO YOUR CHILD'S SCHOOL**