Bikeability Cycle Training

Bikeability cycle training is offered free to all primary schools in Hampshire. The training follows the National Standard and helps give children the skills and experience they need to cycle safely and confidently. Children enjoy cycling and, of course, it brings many **Health Benefits** such as being good for your **Heart**, your **Muscles**, your **Immune System** and your **Waistline**. Cycling is also good for your **Coordination** and **Mental Health** and can help you **live longer!** This training is being delivered by Pedal Power Training Ltd.

The course - how it works and the three levels

The training will take place in your school during the week(s) beginning; **Tuesday 8th & Monday 14th May 2018**

Sessions will run during school hours for either 4 or 5 days. Your child will be informed of their session times before their course starts.
On day 1 an instructor will work with a group of up to 9 children on the playground for 2 hours. Children are taught to do bike, helmet and clothing checks. This is followed by a range of fun exercises to check and develop their bike control skills. These skills are the Level 1 skills as laid out in the National Standards.

Children must pass Level 1 in order to start the Level 2 training that takes place on local roads. Riders must be able to demonstrate that they are safe enough to progress to on-road training; not all riders will reach this level. If the instructor feels a child is not quite ready to progress, the child will be given advice on where they need improve in order to start the level 2 next time training is delivered in school.

Level 3 training is offered through secondary schools and covers more complex roads and junctions; helping your child to make more independent journeys on busier roads. For more information on Bikeability and the three different levels go to www.dft.gov.uk/bikeability.

If you would like more details on National Standard Cycle Training, please refer to the **frequently asked questions** - the school office will have a copy. If you would like information on the on-road training area to be used, please contact the school office at the end of the first day of training where all risk assessments will be available.

How to book and what to bring

There are a limited number of places available, so please complete and the return the attached form to the school office by **Monday 23rd April 2018** at the latest. If you would like your child to take up cycle training but need to arrange for use of a bike and/or helmet, it may be possible to borrow these from Pedal Power Training, or you could arrange for your child to share with a friend – please inform the school. The minimum seat height of Pedal Power bikes is 750mm.
Your child will need the following for all their course sessions:

- **A bike which is roadworthy and the correct size for them** - a bike check will be carried out on the day 1 and any bike which is not roadworthy will have to be fixed for your child to continue on the course (or a loan bike can be used). **A roadworthy bike must have the following as a minimum – 2 fully inflated tyres, with good tread, 2 working brakes, secure handle bars, with correctly fitting secure grips.**
- **A cycle helmet** - this needs to be the right size and a good fit
- **Warm clothing** including **gloves** (sessions are between 1 and 2 hours and are outside). High visibility jackets are provided.
- **Some wet weather clothing** e.g. a minimum of a shower or waterproof jacket**,** preferably some over-trousers too. The training will continue in light to moderate rain but will be suspended if there is a heavy downpour.

We do hope you will register your child for this training and we look forward to seeing them on their course.

Yours sincerely,

Headteacher

PARENTAL CONSENT FORM
for On Road Level 2 Bikeability Training

Parent/Guardian's Name (please print)

_____

Child's/Children's Names (please print)

_____

Class _____ **Year**_____

☐ **I would like** to register the above child/children to take part in the cycle training and confirm that they will have a roadworthy bike and a helmet.

OR

☐ **I would like** to register my child and borrow **Bike Helmet Both** for my child during the course.
(Please circle choice)

Please indicate in your experience your child's ability on a bike:

Non Rider ☐ Can ride in a straight line ☐ Competent rider ☐

Any Medical Conditions:

_____

Signature: _____

Date: _____

Contact telephone number: _____

Please return this form to:

School Office by Thursday 29th March at the latest.