

# Bikeability Level 1

## Information and consent form

For parents and carers

Bikeability Level 1 Cycle Training improves balance and control skills and takes place in a traffic-free area, usually the school playground.

This training is suitable for those who have just learned to ride and no longer use stabilisers. It is not suitable for those who have not yet learned to ride a cycle.

At the end of the course, your child will receive a certificate, booklet and Level 1 badge.

We recommend that your child wears a helmet. Please also check to see if your school has rules about wearing helmets. If a helmet is being worn it should be correctly fitted (please refer to the cycle check and helmet guide). A helmet will cushion a blow to the head within the limits of its construction standard. British Law does not compel cyclists of any age to wear helmets but the Highway Code suggests cyclists should wear a helmet “which conforms to current regulations, is the correct size and securely fastened”.

### Adjustments for Covid

- Instructors will conform to all general government guidance.
- Instructors will socially distance from pupils and each other.
- Groups will have a maximum of 12 pupils.
- Children will not wear tabards.
- Instructors will carry PPE for use if required.
- We will check with your school to see if they have any specific requirements.

### Conditions

- a. If a trainee is unable to ride a cycle, they will not be able to continue the course.
- b. Cycles must be in a mechanically safe condition; *please check your child's cycle, referring to our cycle check guide, as we cannot make repairs.* BMX bikes must have both brakes fitted.



- c. If a trainee's behaviour endangers the safety of themselves or others, they will not be able to continue the course.

## Use of your personal information

1. This consent form: the school looks after this consent form.
2. Course register: the school fills in the trainee names on our course register template and provides a copy for the Instructors. Instructors carry the register with them whilst teaching. At the end of the training, the register is handed to the school who scan it and email a copy to the cycle training office. We store completed registers in our office for two years and then dispose of them securely. The reason we store them is so we can respond to any subsequent parental or school enquiries, such as a request for a replacement certificate.
3. Medical or other needs: on arrival at the school, Instructors will ask the school office if any of the trainees have medical or other needs they need to know about to ensure the trainees' welfare.
4. We never pass personal information on to third parties.

## I give consent

- ✓ For my child to participate in cycle training.
- ✓ For my personal information to be used as described above.

**If you give your consent and agree to these conditions, and you are the child's parent or carer, please sign below**

<b>Child's full name</b>	
<b>Will your child be wearing a helmet?</b>	
<b>Signed consent of parent/carers</b>	
<b>Date</b>	