

Getting Ready for Bikeability Level 2

Checklist

Please:

1. complete the consent form and return it to the school office.
2. make sure that your child's cycle is in a mechanically safe condition. BMX cycles must have both brakes fitted.
3. Before your child attends the first session please ensure that they can look behind without losing control and take one hand off the handlebar without losing control.
4. we recommend that your child wears a helmet. Please ensure it is adjusted properly as shown in the cycle check guide. 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".
5. make sure your child is properly dressed for the weather
6. if your child will be bringing medication, spare clothing, water bottle or similar, they will need to carry it themselves. So they need a secure place to carry it.

What your child will learn

Bikeability Level 2 teaches skills for quieter roads. After an initial assessment, your child will learn how to independently:

- make good and frequent observations
- choose and maintain the most suitable riding positions
- communicate intentions clearly to others
- understand priorities on the road, particularly at junctions

Your child will receive a Bikeability Level 2 badge, certificate and booklet.

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 6 pupils
- Your child will be asked to look after their tabard for the week
- Instructors will carry PPE for use if required
- We will check with your school to see if they have any specific requirements



Drivers and riders sharing the road

Our training complies with the Highway Code and National Standard for cycle training. Training is based on four key cycling skills:

1. Observation
2. Communication
3. Road positioning
4. Obeying priorities

Road position includes the 'secondary' and 'primary' riding positions

Riders will be taught to cycle away from the gutter - in either the 'secondary' or the 'primary' road position.

Secondary position is at least 0.5 metres from the edge of the road and primary is in the centre of the lane's traffic flow. Riders may use primary when they are passing side roads or if the traffic lane is too narrow for vehicles to pass safely. Riders will move from primary to secondary position and vice versa, observing and communicating whilst doing so.



How you can help if driving

Look twice before pulling out of a junction

Before pulling out of a side road or onto a roundabout, please look and then look again for someone approaching on a bike.

Overtaking

Highway Code rule 163: leave plenty of room when overtaking.

Approaching from behind

If a person on a bike looks over their shoulder while you are following them it could mean that they may soon attempt to turn right or go into primary position.

