

H E & G D Harris : National Standard Cycle Training

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Date: 24.4.19

Dear Parent/Carer

National Standard Cycle Training: Name of School

I am pleased to inform you that **Bikeability Level 1** cycle training is being arranged in this school for children in year(s)....⁴... who wish to gain the certification. Training is scheduled to take place on...(dates)...^{8th & 11th July}.

Bikeability is the cycling proficiency of the 21st Century, designed to give the next generation the skills and confidence to ride their bikes to the Government approved national standards for cycle training. More information is available on the website www.bikeability.org.uk

During Level1 Bikeability training, children will learn to control and master their bikes. The training takes place in an environment away from cars and traffic, usually in a playground or closed car park.

To confirm a place for your child(ren), please return your completed consent form together with cash payment of £15 per trainee to the school office asap. Unfortunately it will not be possible to offer places to trainees unless payment has been received before the start of the course.

Once your child has completed Bikeability, they will receive a badge, certificate, and a report detailing progression to the next level and/or any further practise required. Level 2 (training on quiet roads) is normally delivered from year 5, and Level 3 (training on busy roads with complex junctions) from year 6 where a high standard at Level 2 achieved. Both Levels are currently Government funded so FREE of charge!

For further information about Bikeability, please don't hesitate to contact me, or visit:

www.bikeability.org.uk

Yours faithfully

Holly Harris NSIQ
Bikeability Instructor

Tel 01305 251521
Mob 07434 661050



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:

Name and age of child:

.....

School Year (delete as appropriate): Year 3/Year 4

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

Yes/No

If yes, please give details (continue overleaf if necessary):

.....
.....

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 in the selected training area
- I have read the enclosed check list
- I agree to my child attending all training sessions
- I accept that if my child's bike is not considered safe, training will not be permitted
- I understand that trainees will be under supervision at all times & misbehaviour will not be tolerated
- I do/do not consent to my son/daughter being photographed for cycle training promotion purposes

It would be useful to have a contact email address so the instructor can communicate with you before, during, & after the course. Please advise if you wish this information to be deleted 7 days after the course.

Email Contact details:.....

Signature of parent/carers:.....

Date:.....



Checklist for 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 maintained & all children who will be taking/have taken part in Level 1 Bikeability should be familiar with this by the end of the course. Please check the following prior to training:

- Saddle and handlebars correctly adjusted & not over extended
- Brakes fully functioning
- Tyres properly inflated & checked for punctures
- Security of fitted parts
- General condition of bike & components

Please note that the instructor reserves the right to refuse to take out any child whose cycle is not the correct size or considered to be un-roadworthy

It is also important that your child is dressed appropriately for training & able to carry drinks, snacks, & any equipment safely:

- Weather – waterproofs plus a change of clothes if raining, gloves & several layers of clothes when cold, sunscreen when hot
- Drinks – bottled water always required whatever the weather
- Cycle helmets - correct size and fit with recognised test standard such as the BSI Kite Mark, ANSI or American Snell B. 95, European CE Mark
- Trousers/tracksuit bottoms – close fitting or snapband/bicycle clip required
- Footwear - closed heel and toe, long laces not recommended
- High-visibility vests are highly recommended & will be provided during the course
- Rucksacks/backpacks required if bikes not fitted with bottle cage & panniers, etc, for Levels 2 & 3

Any queries, please contact Holly Harris, Bikeability Instructor – tel. 01305 251521/07876 378453 or email dorsetsafecycling@gmail.com