



Bikeability Level 3

Dear Parent/Carer,

Most pupils in Shropshire will have completed Bikeability level 2 in primary school, so we have arranged free Bikeability level 3 training for your child.

Level 3 equips trainees with skills for more challenging roads and traffic situations – busier streets, queuing traffic, complex junctions and roundabouts. It also includes planning routes for safe cycling. Level 3 training will be delivered in groups of 6 pupils (with 2 instructors). At Level 3 pupils can:

- prepare for a journey
- understand advanced road positioning
- pass queuing traffic
- perceive and deal with hazards
- understand driver blind spots
- react to hazardous road surfaces

Course Requirements:

Pupils will need to bring a roadworthy bike to school on the day of training. The enclosed Bike Safety Checklist will help you check that your child's bike is roadworthy.

Pupils also need to bring a cycle helmet and suitable clothing appropriate to the seasonal weather.

Some Information about the Programme:

Training will be carried out by 'LearnCycling', a National Training Organisation who have been appointed by Shropshire Council to deliver this programme. All Instructors are fully trained and accredited and have undergone the necessary DBS checks.

If there are any other aspects of the programme which you'd like to clarify, please do not hesitate to contact the school.

I do hope you will register your child for this training, which takes place on:

either 25/26/27 March, school will let you know which day your child will need their bike.

Please hand forms into the school office by: **Thursday 14 February 2019**

Bike Safety Checklist:

Before the course, please carry out a Bicycle A, B, C check to ensure bikes are safe to ride.

A – **Air** – Please check that tyres are inflated and are in good condition.

B – **Brakes** – Bikes that are ridden on the road need to have two working brakes by law. Please make sure both brakes work and can be used by your child.

C – **Chain** – Chains should not be rusty and should rotate freely. Hold the pedal and turn it backwards.



- Please also ensure that your child's bike is the correct height for them. When sitting on the saddle, they should be able to touch the floor with their toes or the front part of their foot. If their knees are bent, they may need their saddle raising.
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PARENT/CARER CONSENT FORM - Please return this to school.

Childs Name:.....

I, give consent for my child to participate in the *Bikeability* Cycle Training Course. I understand that the training involves a short cycle skills session on the playground and the remainder of the training takes place on public roads under supervision of the National Standard instructors.

Signed:..... Date:.....

Has your child previously completed Bikeability level 2? YES NO

Please list any medical or other conditions, which may be of relevance:

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PLEASE SIGN AND RETURN THIS TO SCHOOL AS SOON AS POSSIBLE.