



Bikeability Cycle Training: Tues/Wed/Thurs 4th-6th May 2021

Dear Parent/Carer,

After Easter, our school is to receive **Free** Bikeability Level 1 & 2 Cycle Training for our Year 6's.

What is Bikeability? Bikeability is the national cycle training programme supported and funded by the Department for Transport. The skills your child will learn will help boost confidence and independent thinking thus helping them to be a safer road user. Learning the rules of the road when young is a real boost to confidence and a very positive experience of true travel independence. So, whether your child cycles regularly or not, the course will prove beneficial. Shropshire's Bikeability Scheme is delivered by LearnCycling, a national training company who employ qualified, professional, DBS checked National Standard Instructors. Visit www.bikeability.org.uk for more information.

Course Requirements Checklist

Pupils will need to bring:

- **A roadworthy bike;** 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 effectively. Tyres need to be inflated. Please also ensure that your child's bike is the correct height for them. When sitting on the saddle, riders should be able to touch the floor with their toes or the front part of their foot.
- **A cycle helmet that fits securely.**
- **You must also be prepared for the weather.** On cold or wet days, make sure that riders have coats and gloves, and an extra layer or two.

NOTE: if your child does not own a bike and can't borrow a roadworthy bike and helmet for the course, Bikeability has a limited number of bikes and can provide a hire bike and helmet for them for the duration of the course. Please indicate on the attached form.

This course develops the cycling skills and confidence of children who can already cycle. Please contact us via admin@learncycling.com for group and individual learn to ride courses.

Please complete and return the attached reply slip to school as soon as possible to ensure a place on this course.

**Covid-19* - Social distancing will be observed throughout all training. Please see the Bikeability website for full Covid-19 Risk Assessment and delivery guide addendum.*



PARENT/CARER CONSENT FORM

*Please complete and return this to school as soon as possible
(or by Mon 29th March at the very latest)*

Child's Name:

I,(parent/carer of the above named child)
hereby give consent for my child to participate in the forthcoming *Bikeability* Cycle Training Course.

I understand that the training involves a short cycle skills session on the school playground and the remainder of the training takes place on public roads under supervision of the National Standard instructors.

***Please tick the appropriate box:**

- My child will use their own roadworthy bike **and** secure-fitting helmet for the course.
- Please could Bikeability provide a hire bike and helmet for the course.

Please list any medical or other conditions (including any shielding family members) which may be of relevance:

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.....

Signed:.....(parent/carer) Date:.....

Please complete and return to school as soon as possible to ensure a place on this course.

