

## Bikeability Cycle Training – Pre-Course Information for Parents-Carers

**WHAT IS BIKEABILITY?** Bikeability is the national cycle training programme supported and funded by the Department for Transport. The course builds the skills and confidence of children who can already ride (for Level 1 / 2 and 3). Bikeability can not only make children better cyclists - potentially for the rest of their lives - but can help with general confidence and independent thinking. All of our Bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors.

Find out more: [www.bikeability.org.uk](http://www.bikeability.org.uk)



**Bikeability Learn to Ride:** is aimed at children in Year 3+ who can balance but have not yet mastered how to pedal (without stabilizers).



**Bikeability Level 1:** helps children get more skilled and confident in riding their bikes in the playground and get them ready for cycling on the road. Riders must be able to ride a bike - pedal and freewheel- to participate in this level.



**Bikeability Level 2:** aims to improve riders' skills and confidence for cycling on smaller roads and simple junctions without too much traffic. It prepares riders for cycling on larger and busier roads and more complicated junctions. All the riders will have to show the Instructors they can do everything at

Bikeability Level 1 before they can go on the roads.



**Bikeability Level 3:** aims to develop riders' skills and confidence so they can ride in some everyday road environments, including busy roads and complex junctions. Riders must have achieved everything at Bikeability Level 2 before moving onto the Bikeability Level 3 course.

#### WHAT WILL YOUR CHILD NEED?

- A complete consent form (see letter from school with QR Code / URL Link)
- A roadworthy bike without stabilisers (See checklist overleaf)
- A helmet (unless Religious or cultural exemptions apply)
- Suitable clothing for the weather conditions

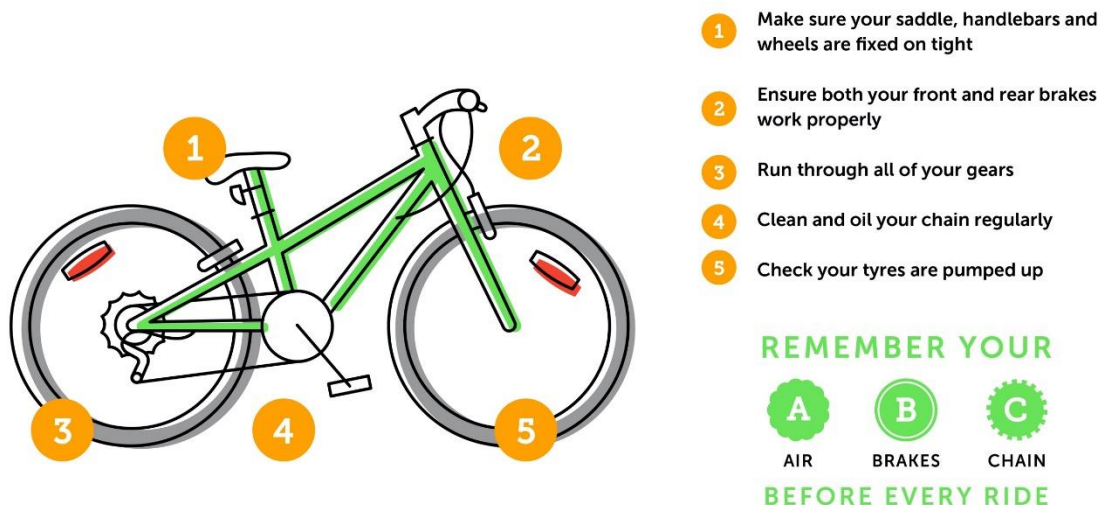
**FURTHER INFORMATION:** Bikeability Level 2 develops the cycling skills and confidence of children who can already cycle (who have successfully completed Level 1). To benefit from Bikeability, your child must attend every session and practise what they learn after training. Bikeability skills and confidence will be lost without regular cycling. Bikeability engenders enthusiasm while building skills and confidence to cycle more safely, more often. Please support and encourage your child to continue cycling after training.

**HOW TO CONSENT TO YOUR CHILD TAKING PART:** Bikeability places are limited and places will be booked on a first come basis. Please complete the Digital Consent (link in your letter from school) and by the required deadline.

**GET READY:** Visit [bikeability.org.uk/bikeability-training/get-ready/](https://bikeability.org.uk/bikeability-training/get-ready/) for more information. Before your course it is really important to have a few things sorted including:

- **Your child's bike** - make sure you check that your bike is in good working order, with the tyres inflated and the moving parts working well. If you need to take it to a bike shop before-hand, don't leave it to the last minute!

- **Your child's helmet** - your helmet should sit on top of your head comfortably, (not too tight or too loose), with the peak sitting about two fingers width from your eyebrows.  
The side adjusters should sit just below your ears forming a nice V on the side of your head, and the chin strap should allow for two fingers to fit between it and your chin.
- **Your child's clothing** - wear whatever you would normally wear to school, but you must also be prepared for the weather. On cold or wet days, make sure that you have your coat and gloves, and an extra layer or two. With a change of clothes available, just in case. On warm sunny days make sure you have put on a good amount of suncream at the start of the day and keep drinking water throughout the day. And a top tip – as you will be using a bit more energy than normal bring an extra snack, also making sure you've had a good breakfast before school.
- **PRE-COURSE BIKE SAFETY CHECK** - visit [bikeability.org.uk/bikeability-training/get-ready/](https://bikeability.org.uk/bikeability-training/get-ready/)



**Please read the following information in-line with completing your Digital parent/carers consent. By consenting you understand that:**

1. You have given permission for your child to participate in Leicestershire County Council Bikeability training and to process personal details as outlined in the Fair Processing Notice [leicestershire.gov.uk/fair-processing-notice](https://leicestershire.gov.uk/fair-processing-notice)
2. My child must be able to ride to begin Bikeability Level 1 (progressing to Level 2 and Level 3 if appropriate and able. (If they cannot ride they cannot take part in Level 1) – please enquire about Learn to Ride.

3. The Instructors will refuse to train my child if they deem their cycle to be unroadworthy.
4. It remains the parent/carer's responsibility to ensure their child does not ride an unroadworthy bike and if in doubt as to whether a cycle is roadworthy you should seek the advice of a professional mechanic.
5. Instructors may at any time refuse to continue to train your child if their behaviour or cycling ability is deemed unsuitable.
6. Leicestershire County Council will not be responsible for any injury or disease transmission or liable for any loss or damage to participant's cycles and other belongings.
7. It is a condition of your child receiving Leicestershire County Council Bikeability training that a helmet must be worn (unless religious or cultural exemptions apply).
8. You consent to the Bikeability instructor 'adjusting' your child's helmet if required, however I understand they are not responsible for the physical condition or appropriate fitting of the helmet.
9. You understand that pupil data collected will be used to support the delivery and monitoring of training sessions/courses, see [bikeability.org.uk/privacy-statement/](https://bikeability.org.uk/privacy-statement/) for further details.
10. You will encourage your child to practice between each session and after the completion of training.