

Opportunity for your child to participate in Bikeability cycle training

Dear Parent/Guardian

Birch Hill Primary has scheduled Bikeability Level 2 cycle training for our year 6 children as we feel it's an important activity even during the current Covid-19 situation. Therefore I am writing to invite you to register your child to participate in Bikeability cycle training.

Bikeability Level 2 cycle training has been scheduled to take place during regular school hours during the week commencing Monday 23rd November.

What is Bikeability Level 2?

Bikeability is the only UK government-recognised cycle training scheme, funded by the Department for Transport and is designed to teach pupils the skills and confidence to cycle safely.

The Bikeability Level 2 course is designed for children in years 5 & 6, comprising 2-hours Level 1 training in a traffic-free environment, followed by Level 2 sessions delivered over consecutive days. The course typically runs for a total of 8 hours and is designed to give your child the skills and confidence needed to ride on local roads, of the type that are often found around schools. In groups of up to twelve children, supervised by two qualified National Standard Instructors, your child will be taught how to safely deal with traffic on short journeys, such as the trip to school or the local park.

Cycle Experience Limited, your approved Bikeability Provider

Cycle Experience Limited is appointed by your Local Authority, having successfully demonstrated the ability as an Approved Bikeability Scheme Provider (appointed by the Department for Transport) to work with schools to deliver Bikeability cycle training.

Cycle Experience has delivered Bikeability cycle training to children for many years, supplying professional National Standard Instructors to deliver school cycle training programmes to more than 21,000 school children each year.

What will my child need to participate in Bikeability cycle training?

To participate in Bikeability cycle training, your child will need to bring a bike which is roadworthy and of the correct size, a cycle helmet and weather appropriate clothing and footwear for outdoors training. Please see the attached **Bike, Helmet & Clothing Check Form** to help ensure that you are able to meet all of these requirements and to guide you through checking the suitability of your child's bike.

As your child will be attending a Bikeability Level 2 course, there will be the expectation that they are already able to ride their bike to Level 1 standard, are able to balance on their bike without support, look behind without wobbling and confidently hold a signal for at least 3 seconds. In order to cover several Health & Safety elements, as well as to assess each child's current cycling ability, each child will receive a two-hour Bikeability Level 1 refresher on the school playground before progressing onto local, fully risk assessed minor roads.

How much will it cost to participate in Bikeability?



Whilst a high proportion of the cost is being funded by Bracknell Forest Borough Council, there will be a small charge of £10.00 per child payable by parents/carers. You will need to pay online, a separate email will be sent giving details.

How do I book a place for my child?

There are a limited number of Bikeability places available, so please complete and return the attached **Bikeability Consent Form** to the school by **Friday 16th October** at the latest. Pupils will be accepted on a 'first come, first served' basis once payment has been made and you will be notified if your child has not been allocated a training place.

Yours sincerely,

Mr M Dillon
Head Teacher

BIKE SAFETY CHECKLIST

Please check your child's bike before they start their cycle training

TYRES (FRONT & REAR)

- ☐ Punctured/flat/worn tread
- ☐ OK

WHEELS (FRONT & REAR)

- ☐ Rubbing/loose/has spokes missing
- ☐ OK

HANDLE BARS

- ☐ Loose/too low/too high
- ☐ Bar end plugs missing
- ☐ OK

BRAKES (FRONT & REAR)

- ☐ Blocks missing/worn
- ☐ Rubbing
- ☐ Loose or frayed cables
- ☐ OK

PEDALS (LEFT & RIGHT)

- ☐ Loose/not turning
- ☐ OK

BRAKE LEVERS (LEFT & RIGHT)

- ☐ Underneath/above handlebar
- ☐ Child cannot reach/squeeze
- ☐ Cracked/broken/missing
- ☐ OK

SADDLE

- ☐ Loose
- ☐ Sloping downwards
- ☐ Tilted upwards
- ☐ OK

CHAIN

- ☐ Loose/too tight
- ☐ Very rusty
- ☐ OK

GEARS

- ☐ Will not change
- ☐ Cables loose/frayed
- ☐ Chain jams in cogs
- ☐ OK

FRAME

- ☐ Cracked/bent/very rusty
- ☐ OK

☒ **BIKE SUITABLE**

☐ **BIKE NEEDS REPAIRING BEFORE CYCLE TRAINING**

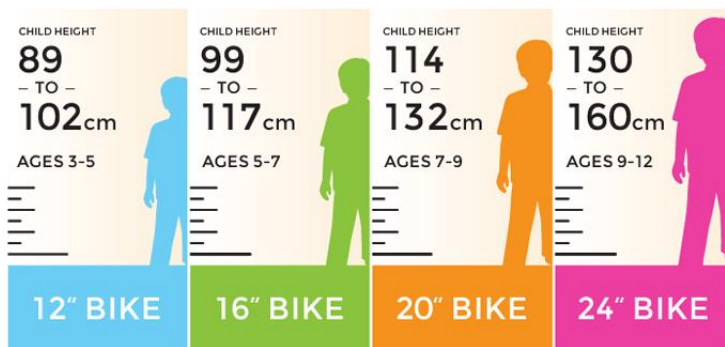
BIKE SIZE GUIDE

BIKE SIZE

Your child should be able to sit on the saddle and touch the ground with the balls of both feet.



CHILDREN'S BIKE SIZES



BMX BIKES - ADDITIONAL CHECKS



- Bike **must** have two working brakes.
- If present, front and rear stunt pegs **must** be removed.



Cycle
Experience



TTC Group
Hadley Park East,
Telford, TF1 6QJ
T: 0330 024 1805
www.thettcgroup.com



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WEARING OF BIKE HELMETS

ACCEPTABLE HELMETS



Look for the EN
safety standard
label inside the
helmet

UNACCEPTABLE HELMET



Full face helmet
No EN safety
standard label

Reasons to replace a helmet

- Does not fit correctly
- Visibly damaged
- Dropped (even if no visible damage)
- Straps are damaged or missing

FITTING A HELMET CORRECTLY



POSITION THE
HELMET



ADJUST THE
CHIN STRAP



ADJUST OTHER
STRAPS



TEST THE
FIT

RELIGIOUS/CULTURAL CONSIDERATIONS





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PREPARED FOR WEATHER CONDITIONS

CLOTHING

- ✓ Trainers
- ✓ Lace ups/velcro
- ✓ Trousers/leggings/shorts
- ✗ Slip on shoes/ballet pumps



SUMMER CONDITIONS

- ✓ Hip length waterproof jacket
- ✓ Sunscreen



WINTER CONDITIONS

- ✓ Gloves
- ✓ Hip length waterproof coat



- ✗ Mittens
- ✗ Scarf



Bikeability School Cycle Training Frequently Asked Questions

What is Bikeability?

Bikeability is today's cycle training programme. It's like cycling proficiency, but better! It's about gaining practical skills and understanding how to cycle on today's roads. Bikeability gives everyone the skills and confidence for all kinds of cycling.

There are three Bikeability levels, each designed to improve cycling skills and confidence. **Bikeability Levels 1, 2 and 3** take children from the basics of balance and control, all the way to planning and making an independent cycling journey on busier roads.

How does Bikeability work?

Bikeability cycle training takes place during the school day and is delivered by qualified National Standard Instructors. Bikeability Levels 1 and 2 are typically delivered across several sessions on consecutive days throughout one week.

Bikeability Level 1

The Bikeability Level 1 course is the first, introductory stage of Bikeability, intended for children in Year 4 and below. Bikeability Level 1 is delivered over a two-hour session, taking place in a safe place such as a school playground, in groups of up to 12 children. Children are taught to control and ride their bikes in a traffic free environment.

During Bikeability Level 1, children will learn to:

- Prepare themselves and their bike for cycling
- Get on and off their bike without help
- Start, pedal and stop with control
- Use gears and avoid obstacles
- Look all around and behind, staying in control of their bike
- Share space with pedestrians and other cyclists



Bikeability Level 2

The Bikeability Level 2 course is designed for children in years 5 & 6 who have already achieved Bikeability Level 1. Children will complete 6 hours of Bikeability Level 2 training, broken down into 3-4 sessions over consecutive days. The course is designed to give children the skills and confidence needed to ride on local roads, of the type that are often found around schools. In groups of up to twelve children, supervised by two qualified National Standard Instructors, children will be taught how to safely deal with traffic on short journeys, such as the trip to school or the local park.

During Bikeability Level 2, children will learn to:

- Prepare for on-road cycling.
- Start and finish an on-road journey.
- Recognise typical hazards.
- Let others know what they're about to do, e.g. through hand signals.



- Know where to position themselves on the road.
- Pass parked vehicles and side roads.

More details on the National Standard for Cycle Training can be found at <https://bikeability.org.uk/>

Who will carry out the Bikeability cycle training?

Cycle Experience Limited are appointed by your Local Authority, having successfully demonstrated the ability as an Approved Bikeability Scheme Provider (appointed by the Department for Transport) to work with schools to deliver Bikeability cycle training.

Cycle Experience has delivered cycle training to children and adults for many years and works with Local Authorities, Public Sector bodies and commercial organisations throughout the UK.

To find out more about Cycle Experience Limited, please visit our website www.cycleexperience.com

Will children participating in Bikeability be kept safe?

Yes, our primary concern is the safety and wellbeing of each child participating in Bikeability cycle training. Cycle Experience's approach to managing the safety of each participating child is formally recognised through our OHSAS:18001 Occupational Health & Safety Management System accreditation.

Each Cycle Experience Instructor is required to complete formal Health & Safety training, hold an enhanced Disclosure and Barring Service (DBS) check, as well as current Safeguarding and First Aid qualifications. Instructors will also ensure that all necessary risk assessments are carried out before any cycle training is completed.

Cycle helmets are to be worn by all children participating in cycle training (please see enclosed cycle helmet leaflet for more information). Cycle Experience will provide each child with a high visibility tabard to enhance their visibility to other road-users.

All children must pass Level 1 in order to progress to Level 2, which incorporates riding on local roads. We will not progress any child onto any element of on-road training unless our Instructors feel they are able to cycle competently, consistently and confidently.

What will children need to take part in Bikeability cycle training?

Full details of what each child will need to participate in Bikeability are provided in our parent/guardian consent and information pack. Each child must have a parent/guardian consent letter signed and returned to the school to be eligible to take part in Bikeability cycle training.

Cycle Experience asks that each child uses their own bike to participate in Bikeability training, having used our Bike Safety Check guide to make sure that the child's bike is correctly sized and safe to use in Bikeability training. Prior to the start of each Bikeability course session, Cycle Experience's Instructors also perform a Bike Safety Inspection to confirm the suitability of each bike. Parents/guardians must make the school aware prior to the Bikeability course start if a suitable bike

is not available. In some instances, either the Local Authority or Cycle Experience may have alternative arrangements for children that do not have a suitable bike.

Children must also be appropriately dressed for the weather conditions (hat, gloves, scarf in Winter, sunblock during hotter Summer months), wear appropriate footwear and provide their own cycle helmet.

What are the benefits of Bikeability?

Cycling is a life skill and learning to ride a bike is a rite of passage. Encouraging any child to ride a bike while they're young helps to establish healthy exercise habits that are likely to stay with them for life. Riding a bike not only improves physical fitness, it also benefits a child's learning development.

Taking part in Bikeability means that children are getting ready to enjoy the many benefits of cycling, providing the skills and confidence to travel independently as well as enjoy fun rides with friends and family.

Bikeability prepares school children to safely cycle everywhere that cycling is permitted, as well as contributes to delivering the transport, environmental, health and economic benefits that more people cycling promises throughout the UK.

Celebrating achievement

At the end of each Bikeability course, children will receive a Bikeability branded badge and a certificate in recognition of the level they've achieved. Cycle Experience will also supply digital certificates which the school can use to celebrate the achievement of pupils during an assembly or other school event such as parent evenings.

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Bikeability Level 2 Consent Form

Full Name of Child (PLEASE PRINT) _____

**Parent/Guardian Name (PLEASE
PRINT)** _____

Please tick the relevant consent boxes below:

☐

I would like to register the above child to participate in Bikeability cycle training. I give consent to my child's name, gender and any relevant SEND and/or medical information to be recorded within Cycle Experience Limited's secure booking platform for the purpose of creating course registers, feedback reports and certificates.

☐

I give consent for Cycle Experience Limited to know my child's Surname for the generation of course achievement certificates.

☐

I confirm that my child has a roadworthy bike and cycle helmet, both of which are the correct size and will be presented for use in Bikeability delivery.

☐

I consent to photographs of Bikeability training delivery being taken by any of the following agencies, which may include photographs of my child, for marketing and promotion purposes:

- Local Authority
- School
- Cycle Experience Limited

PLEASE NOTE: A child can be exempt from wearing a protective cycle helmet for religious/cultural reasons ONLY.

☐

I wish for my child to be exempt from wearing a helmet on religious/cultural grounds. I fully understand that Cycle Experience Limited cannot accept liability for any injury sustained as a result of my child not wearing a protective cycle helmet during Bikeability participation.

If you are declining the offer of Bikeability cycle training, would you please tell us why? Your feedback will help us to improve the services that we offer:

Medical or other conditions/requirements which may be of relevance on enabling your child to participate in Bikeability cycle training:

Parent/Guardian Signature:

Date:

Contact Telephone Number:

School Name:

Birch Hill Primary

PLEASE RETURN COMPLETED FORM TO YOUR CHILD'S SCHOOL