



Leppington, Birch Hill, Bracknell, RG12 7WW  
Headteacher: Michael Dillon B Ed (Hons) MA

Wednesday, 15 September 2021

Bikeability Training for Year 4

Dear parent or guardian,

Avanti Cycling Ltd is working on behalf of Bracknell Forest Council to deliver Bikeability training. Your child is eligible for free Bikeability training Level 1 training at Birch Hill Primary School from 29<sup>th</sup> November 2021.

**To register your child on the course from 29<sup>th</sup> November 2021 please complete the consent form here – <https://avanticycling.co.uk/bikeability>**

High-quality cycle training has proven benefits in road safety and in encouraging participants to travel in a more sustainable way. This provides all-round advantages to the children, not only in cycling to school, but also in their everyday lives. It provides:

1. The confidence to make their own decisions
2. Better health and fitness
3. Demonstrable improvements to attention span and learning ability at school
4. Opportunities for learning life skills to use every day

Each course lasts three school days and is taught at a ratio of one instructor to six trainees. We train children to ride in a safe manner incorporating real life traffic situations to create a high-quality learning environment.

The course is fun and empowering for the children and adds variety to the school year by taking them out into the real world.

Bikeability is delivered by professional instructors who are highly trained and regularly monitored. They deliver high-quality cycle training that teaches the skills which can be used throughout the children's lives.

Your child does need to be able to ride his/her bike independently prior to commencing the course. If you are not certain that their cycling skills are sufficient, why not ask the school to organise a free Learn to Ride session with Avanti Cycling?

If you have any queries, please contact Vanessa, School Liaison Officer, Avanti Cycling, [vanessa@avanticycling.co.uk](mailto:vanessa@avanticycling.co.uk)

Kind Regards,  
Vanessa Hine