Bikeability Level 1 & 2 Cycle Training Parental Information

Enthusing More Children to Cycle





Bikeability Bikeability is the govern

Bikeability is the government's national cycle training programme. The scheme aims to inspire more children to cycle by equipping them with the skills and confidence to ride more.

All the training is delivered by Outspoken Training's qualified and DBS checked Instructors.

Bikeability Level 1 & 2 Course

This course is suitable for riders who have mastered control of their cycle and are ready to learn how to ride independently on local roads.

Level 1: Through fun, progressive games, pupils must demonstrate the following to progress onto on-road training:

- Pedal independently without stabilisers (this is not a learn to ride course)
- Apply brakes to bring the cycle to a smooth and quick stop
- Look behind over each shoulder while pedaling in a straight line
- Pedal one handed in a straight line (signal)
- Use gears (if present)
- Avoid hazards

Level 2: Riders will be taken onto residential roads to experience 'real' road cycling covering:

- Starting and stopping journeys
- Passing stationary vehicles
- Understanding road signals, signs and markings
- Negotiate junctions
- Sharing the road with others

For more information on Bikeability, please visit www.bikeability.org.uk

Course Information

Dates: 15.01.24 to 18.01.24 Year Group: Year 5 and 6 Number of Sessions: 4

Format: Session 1: Level 1 & Sessions 2-4: Level 2 Times: Throughout the school day Cost: FREE!

- Funded by Lincolnshire County Council

What Will Your Child Need?

- A consent form (see overleaf)
- A roadworthy cycle without stabilisers (see overleaf) we are unable to provide cycles
- A helmet
- Suitable clothing for cycling and the weather conditions

Further Information for Parents/Guardians

- The course is not suitable for non-riders.
- We strongly recommend you practice the Level 1 skills with your child before the course to ensure they can progress to Level 2 on-road training.
- Please encourage your child to practice in between each session and where possible, cycle to and from school with them.
- We also offer one to one training for children and adults. Please visit our website for more information (www.outspokentraining.co.uk).
- All participants receive a badge, certificate and handbook.

How to Book

Bikeability places are limited and will be booked by the school on a first come basis.

Please complete and return a consent form (see overleaf) to school as soon as possible.

Deadline: Friday 13th October 2023



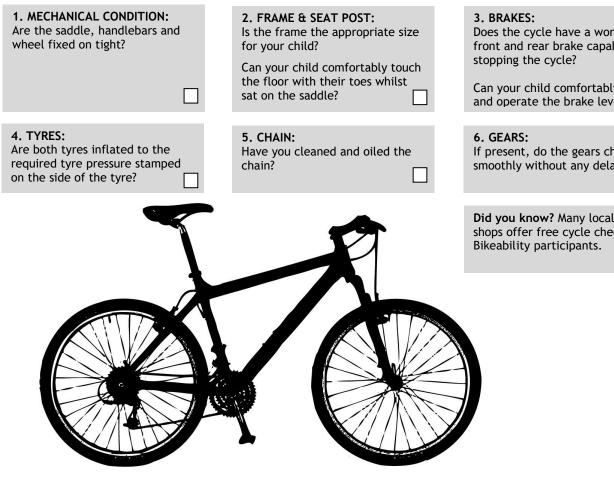
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Cycle & Helmet Checklist

Please check your child's cycle before the start of the course. If the bicycle is not roadworthy, pupils won't be able to participate in the course. Faults are often easily fixed but occasionally a new part from a bike shop is required so please check your child's cycle well in advance.

Cycle Checklist

Please tick off the cycle checks below:



For advice and videos on checking cycles, helmets, and clothing before a course, please visit our website: www.outspokentraining.co.uk/parental-information/

Level 1 & 2 Course Consent Form

X

a	School	School Year:
		Gender:
	Medical Conditions and/or Ad	ditional or Special Educational Needs:
f	Are you happy for your child t during Bikeability training?	o be photographed and/or filmed
.cp	These images may be used by Bikeability Trust to promote t	the school, Outspoken Training or The he Bikeability or the organisation.
	By consenting, I confirm my c	hild:
,	 is medically fit to participate in Bikeability. can already cycle independently without stabilisers including being able to control the cycle and keep it moving in a straight line whilst signaling and whilst looking behind. I understand my child won't be allowed onto local roads if they don't demonstrate the Bikeability Level 1 assessment criteria during the first, playground-based session. will bring a roadworthy cycle for each session (see enclosed 	
oike ks for	 information). I understatif the cycle is not roadwof a professional mechatunderstand Instructors of cycle but will not have will bring and wear a hestandard EN 1078:1997 will have cycling and wear 	nd that cycle training will be refused vorthy. If unsure, I will seek the advice nic well before Bikeability training. I nay make minor adjustments to the time to make repairs or replace parts. elmet which conforms to British
	 session. may be refused cycle tr them or others at risk. 	aining if their behaviour or ability puts
	By consenting for my child to take part in Bikeability, I understand that pupil data will be collected and shared between my child's school, Outspoken Training and Lincolnshire County Council. This will be used to support the delivery and monitoring of training courses. More information on how Outspoken Training processes data can be found in their 'Privacy Policy' on their website.	
	I confirm I have read all the information enclosed in the 'Parental Information' and consent to my child (or the above child for whom I take responsibility) to take cycling training lessons, which may	
		well as riding on the public highway.
	Signed:	parent/guardian
		; 5.4.4