



Dear Parent/Carer of Year 6 Pupils

5<sup>th</sup> October 2020

Your child has the opportunity to take part in Bikeability cycle training being run in school in the next few weeks.

The training will be delivered by qualified National Standards Cycling Instructors employed by Leicestershire County Council. All training is risk assessed. Your child will be provided with a high-viz vest to wear during the training.

The training is **free of charge** and is delivered to a national syllabus which aims to equip your child with the skills and confidence to cycle in a safe, fun and sustainable way.

The Bikeability Training will take place during week commencing 2<sup>nd</sup> November – the children will need to bring their bikes and helmets in each day that week. Places are limited to 36. If we have more than 36 children interested in taking part, names will be picked from a hat. **Please either sign and return the slip at the bottom of this letter or consent via Weduc, if you would like your child to participate by Friday 8<sup>th</sup> October.**

There are two Levels of Bikeability training;

### Level 1

This takes place in a traffic free environment, usually on the playground. Riders will learn to control and master their bikes and by the end of the session your child should be able to demonstrate basic cycling skills and knowledge.

### Level 2

This takes place on local roads and gives your child a real cycling experience aimed at dealing with traffic on short journeys such as cycling to school. By the end of the course, your child should be able to demonstrate confidence and decision making whilst cycling.



As a guide, Level 1 training takes two hours and Level 2 training will take six hours. Successful completion of Level 1 will lead to an award of a badge and a personalised certificate, and similarly for Level 2.

Level 1 has a number of outcomes which will be taught and have to be achieved by the children to progress to Level 2. Any child that does not achieve Level 1 or Level 2 outcomes will not receive a badge, but will still receive a certificate of participation. If this does happen, your Instructor will provide feedback to the school but every effort will be made to enable every child to successfully achieve the outcomes.

More detailed information on all Bikeability training can be found at <https://bikeability.org.uk/what/>

For your child's comfort and safety, and to ensure they receive the best possible training experience, please see the following **pre course requirements**.

### **Check Bikes**

- **Brakes** - must have **TWO WORKING** brakes. This is a legal requirement for riding on the road and has to be strictly enforced by Instructors. Check the brakes are working by applying them in turn and rocking the wheels back and forth. There should be no movement. Make sure brake blocks are not loose and are touching the rim of the wheel when applied.
- **Saddle** - should not move, either up or down or side to side.
- **Tyres/wheels** - both tyres should be fully inflated and in good condition (ie no cracks or splits or worn out tread). Wheel nuts should be tight. If fitted with quick release levers they should be firmly closed.
- **Chain and pedals** - chain should be lubricated and not dry or brown or rusty. Pedals should spin freely on spindles.
- **Handlebars** - stand with the front tyre gripped between your legs and try and turn the handlebars from side to side. They should not move independently of the wheel. Handlebar ends should be fitted with plugs so no bare metal is exposed.
- If you are unsure about any aspect of bike checking, any local bike shop will be able to carry out a basic safety check as described above, though there may be a fee for this service.
- **Security** – provide a lock or inform school staff if you need to borrow one. Please check that the bike is insured on your household policy for use away from home.
- In addition, a search of YouTube for “**sustrans check your bike is safe to ride**” will reveal a helpful video showing the above points in action-alternatively click here <https://youtu.be/4qtx60bcNk0>

**Check Helmets**

- Should be in good condition with no cracks or splits and an appropriate size for the wearer
- Side buckles should be adjusted to sit just below each ear
- Chin strap - should be able to fit two fingers only between strap and chin
- 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)

**Check Clothing**

- Should be appropriate for current and forecast weather. Training will continue in the rain and is very rarely cancelled for bad weather. In the summer, please provide suncream and a drink, while in the autumn and winter gloves are essential. Cold hands means brakes become difficult to operate and may result in your child being unable to complete training.
- Leggings, tracksuit bottoms or shorts are best. Baggy trousers can catch in chains.
- Shoes-flat soled with tread or grip-trainers or plimsolls are good, smooth soled school shoes are not appropriate.

Instructors will carry out a check of bikes, helmets and clothing before a course starts. They may make minor adjustments for comfort and safety but cannot undertake repairs or maintenance. **If a bike is not in the condition described above, then in the interests of themselves and the wider group, your child will not be able to participate in training.**

**Medical Conditions**

If your child has any medical conditions or medication that you consider will impact on this training, then it is your responsibility to inform the school prior to training.

**BIKEABILITY LEVELS 1 AND 2-PARENTAL CONSENT FORM**

Child's Name .....Parent/Carer Name .....

I give permission for my child to participate in Leics County Council Bikeability training

Signed..... Date .....

I have read and understood the guidance on bike condition, helmets and clothing

Signed..... Date .....