



22<sup>nd</sup> March 2019

Dear Parents/Carers,

### Level 2 Bikeability Course

We write to give you details of the above course and to ask you to return the enclosed Parent Consent Form to the school office by **Friday 3<sup>rd</sup> May** if you wish your child to take part.

The training will take place at Witton Middle School during the weeks of the **3<sup>rd</sup> and 10<sup>th</sup> June**. Places are limited and will be allocated on a 'first come, first served' basis.

The County Council charges £10 per pupil for this course which is payable when registering your child's interest (cheques payable to Witton Middle School). Should your child not secure a place, your payment will be returned.

Bikeability is the new cycle training for the 21st century, designed to give the next generation of children the skills and confidence to ride their bikes on today's roads. To get their Bikeability award, children will be instructed on how to ride their bikes to the Government-approved National Standard for Cycle Training. More information for parents and participants, including additional resources, advice and offers is available on the Bikeability Participants Hub at: <https://bikeability.org.uk/participants-hub/>

Both Level 1 and 2 Bikeability are incorporated in a Level 2 course:

1. Level 1 is usually covered in a traffic free environment. By completing Level 1, your child will be able to demonstrate the skills and understanding to be able to make a trip and undertake activities safely in a motor traffic free environment and as a pre-requisite to a road trip. This session takes place on the playground. Instructors need to be satisfied that your child is able to demonstrate good balance and control, good ability and the ability to raise a hand safely from the handlebars to simulate a hand signal, before he/she will be allowed to progress to the road and exposed to traffic situations.
2. Level 2 is covered training on quiet roads but with real traffic conditions. By completing Level 2 your child should gain the necessary knowledge and understanding as well as be able to demonstrate the skills needed to cycle on quiet local roads. Continuing practice and encouragement will further develop the child's confidence and cycling competency level. Children will be encouraged and inspired to achieve the levels, recognising that there is always more to learn and to enjoy on a bike. We hope that your child will have the opportunity to participate in Level 3 at High School.

## Checklist for training

You and your child will need to ensure that they are adequately prepared for their training. Firstly your child must be able to ride their bike even if unsteadily – control and balance whilst pedalling without stabilisers. You must also ensure that your child's bike is roadworthy, please use the enclosed bicycle checklist to help you. The first step to safer cycling is to ensure that bikes are regularly checked and children doing their Level 1 Bikeability will be shown what to look out for and simple maintenance. Our instructors may refuse to take out any child whose cycle is not the correct size or is considered un-roadworthy or any child who may be considered not yet ready to be exposed to traffic situations on the road.

You should ensure:

- Saddle and handlebars are adjusted to the correct height.
- Brakes are functioning.
- Tyres are pumped up with no punctures.

It is also important that your child is dressed appropriately for the training:

- It is a requirement that your child wears a properly fitted, undamaged and approved cycle helmet throughout the scheme.
- Think about the weather – if it's raining please ensure that your child has warm and waterproof clothing (including gloves) with them.
- In high heat/UV please ensure they are protected.
- Ensure your child is wearing suitable shoes or trainers (not sandals).
- High-visibility vests will be provided for each child for every session.

Once your child has completed each level of their Bikeability, they will receive a luminous metal badge, booklet and certificate.

Bikeability is about improving children's cycling skills, confidence and abilities and equipping them with the necessary skills and knowledge needed to ride a bike safely throughout the rest of their life. It's also about introducing them to cycling as an everyday activity – an alternative mode of transport, an enjoyable pastime, which brings a healthier lifestyle and ultimately lots of fun. Bikeability will give your child a life skill that once they've learnt, they will never forget.

For further information about Bikeability, please do not hesitate to contact me. You can also visit the Bikeability website for more detailed information about Bikeability training ([www.bikeability.org.uk](http://www.bikeability.org.uk)) /

[Bikeability@worcestershire.gov.uk](mailto:Bikeability@worcestershire.gov.uk)

Yours sincerely,



Mrs S Wilkins

Bikeability Coordinator



**Bikeability Parent/Carer Consent Form: Level 2**

This form must be signed and returned to the school office by **Friday 3<sup>rd</sup> May**, and will be handed to the instructor before training commences. If it is not, your child will not be permitted to take part in the cycle training course.

Bikeability course at:

WITTON MIDDLE SCHOOL .....

Childs Name (BLOCK CAPITALS, how you would like it to appear on certificate)

.....

Date of Birth .....

Year 6 Class.....

If your child suffers from any condition, medical or physical (e.g. asthma), which may affect their safety whilst taking part in training, this **MUST** be specified below.

Medications needed should be carried during training.

.....  
.....  
.....

My child does not suffer from any condition, medical or physical, which may affect their safety whilst taking part in training. Please tick

If you do not wish your child to be photographed during the training, please tick

**Emergency Contact Details for the duration of the course**

Emergency contact name:.....

Relationship to pupil:.....

Emergency contact telephone:.....

**Important information for parents/carers:**

- Your child needs to bring a roadworthy bicycle to every session.
- You must be prepared to organise and pay for any repairs to make your child's bike roadworthy.
- Please make sure that your child has the appropriate clothing to suit cycling and changing weather conditions.
- We insist your child brings a helmet which must be the correct size and fit. This should bear a recognised test standard such as the BSI Kite Mark, ANSI or American Snell B. 95, European CE Mark.
- Your child must attend all training sessions to achieve the Bikeability award.
- Trainees will be under supervision at all times and misbehaviour will not be tolerated.
- If your child is considered to be unsafe, they will not be allowed to continue cycle training on the road.
- **The County Council charges £10 per pupil for this course which is payable when registering your child's interest** (cheques payable to Witton Middle School). Should your child not secure a place, your payment will be returned.
- Whilst every care will be taken to ensure your child's safety, your attention is drawn to the insurance cover provided by Worcestershire County Council which is for **public liability only** and does not provide Personal Accident Insurance for anyone undertaking this course, nor does it accept responsibility for the actions or personal behaviour of participants. Worcestershire County Council is not responsible for any injury to persons or loss or damage to property which does not result from the negligence of an instructor.
- Your information is important to us. We will ensure that the information we hold about you and your child to administer Bikeability is kept secure only for as long as necessary. We will not share your data with any third parties unless we are required or able to do so in law. Please see the Council's Full Privacy Notice ([www.worcestershire.gov.uk/privacy](http://www.worcestershire.gov.uk/privacy)) for more information about how we process your information and your rights.

**Declaration:**

**I allow my child named above to undertake training in the Worcestershire Bikeability Cyclist Training Scheme and understand that it will involve cycling under supervision on roads in the selected training area. I will ensure that their cycle is in a roadworthy condition, and understand that I must provide an approved cycle helmet for my child. I can confirm that my child is able to ride a bicycle unaided and with good control and balance. I declare that I have read and agree to abide by the conditions contained in this form and the accompanying letter and have provided details of any condition that would affect my child's safety.**

**Signature of Parent/Carer:** ..... **Date:** .....

**\*\* Please check your child's bike before they come along to training \*\***

## Bike Check:



### 1 & 2: Brakes and Cables

- Do they work?
- Check blocks are in the right place
- Blocks should not be touching the tyre
- Blocks should not be badly worn out
- Cables should not be frayed or broken

### 3: Tyres

- Make sure they are pumped up
- Not worn or damaged

### 4 & 5: Wheels and Spokes

- Should not be damaged
- Should not be buckled or loose

### 6: Lights (if fitted)

- Clean and working
- Not loose or incorrectly positioned

### 7: Reflectors (if fitted)

- Should not be broken or dirty

### 8 & 9: Steering and Handlebars

- Should not be loose
- Should have good grips and end plugs
- Should not be too high or too low
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### 10: Bell (if fitted)

- Does it work?

### 11: Frame and Forks

- Not rusted, damaged or bent

### 12: Pedals

- Must spin freely
- Not be damaged or broken

### 13: Saddle

- Adjusted for height
- Tightened

### 14 & 15: Chain & Gears

- Not too loose or too tight
- Lubricated and not rusty

### 16: Mudguards (if fitted)

- Make sure do not catch moving parts
- Make sure not loose

### General:

- Bike should not be too big or too small

### Helmet:

- Should be British Standard approved
- Should fit correctly