



Bikeability Cycle Training.

Dear Parent/Carer

Our school is to receive **Free** *Bikeability* Cycle Training!

Bikeability is the National Standard for Cycle training in the UK and is split into three levels. This course involves level one training which covers cycle control techniques and takes place on the school playground.

Course Requirements:

Children should already be able to start, stop and ride a short distance independently (around 20 metres minimum). It is essential that all bicycles be in good working order and that they are a suitable size for the rider.

The enclosed Bike Safety Checklist will help you check your child's bike.

Pupils also need to be equipped with a cycle helmet and suitable clothing appropriate to the seasonal weather.

Some Information about the Programme:

Training will be carried out by 'LearnCycling', a National Training Organisation who have been appointed by Shropshire Council to deliver this programme. All Instructors are fully trained and accredited and have undergone the necessary DBS checks.

The children are given training appropriate to their ability and will be awarded a certificate and badge at the end of the course. Any relevant feedback on areas to improve on will be written on the reverse of the certificate.

If there are any other aspects of the programme which you'd like to clarify, please do not hesitate to contact the school.

I do hope you will register your child for this training, which takes place on Wednesday 21 March, and look forward to receiving your completed acceptance slip by Friday 9 March.

Yours sincerely

Mrs C.A. Jones
Assistant Headteacher – Primary Phase

Bike Safety Checklist:

Before the course, please carry out a Bicycle A, B, C check to ensure bikes are safe to ride.

A – **Air** – Please check that tyres are inflated and are in good condition.

B – **Brakes** – Bikes that are ridden on the road need to have two working brakes by law. Please make sure both brakes work and can be used by your child.

C – **Chain** – Chains should not be rusty and should rotate freely. Hold the pedal and turn it backwards.



- Please also ensure that your child's bike is the correct height for them. When sitting on the saddle, they should be able to touch the floor with their toes or the front part of their foot. If their knees are bent, they may need their saddle raising.
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PARENT/CARER CONSENT FORM please return this to school.

Childs Name: _____

I, _____ being the parent/carer of the above named child, hereby give consent for my child to participate in the forthcoming *Bikeability* Cycle Training course.

Signed: _____ Date: _____

Please list any medical or other conditions, which may be of relevance:

PLEASE SIGN AND RETURN THIS TO THE SCHOOL AS SOON AS POSSIBLE.