



Prepare Your Child for Cycling to School

Dear Parent/Carer,

If your child intends to travel to school by bicycle, please be aware that they are required to wear a cycle helmet and it is the School Protocol that learners must have achieved Level 3 Bikeability Training in order to be allowed to cycle to school. With this in mind, and to ensure our riders are sufficiently prepared for their journey, we have secured free training sessions with Bikeright to provide learners with Level 3 Bikeability training, taking place in September 2021.

This training is designed to give Year 7 learners the skills and experience to cycle safely and confidently on busier roads, and successful completion of this course would mean that your child is added to the school's list of approved riders. Children enjoy cycling and it brings many health benefits, develops confidence and gives them independence. Children who have been trained are much safer and, in addition, tend to cycle more.

These courses are always popular and spaces are allocated on a "first come, first served" basis. As such, it is essential that learners are fully committed to taking part and completing the training on their allocated date. Please note: learners can only attend the course if they have a roadworthy bicycle. Further information, including a bike safety checklist and full course requirements, are attached.

To register your child for Bikeability Level 3 training, please click [here](#) and complete the consent form by **Friday 9th July**. Paper copies of the form are available on request by calling 01244 259800.

I do hope you will register your child(ren) for this training.

Yours faithfully,

Mrs S Hitchen
Deputy Headteacher



Dear Parents/Carers,

BikeRight! will soon be coming to your child's school to run a Bikeability course which your child has the opportunity to take part in. Listed below are details of the course and what your child will need to be able to take part.

What is Bikeability?

Bikeability is the new Cycling Proficiency for the 21st century. It's designed to give the next generation the skills and confidence to ride their bikes on today's roads. We will teach children to ride a bike to National Standards and introduce them to cycling as an everyday, fun, healthy activity and an alternative mode of transport.

How much will it cost?

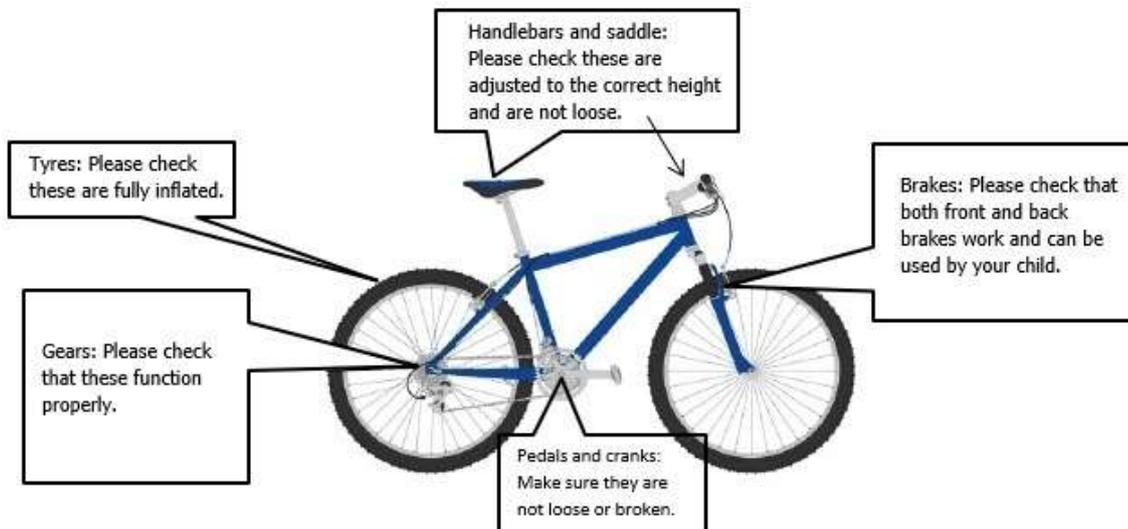
Nothing! The course is funded by your Local Authority and Department for Transport grants.

Where will the course take place?

The course will take place in the school playground and on local roads near to the school. We will carry out a risk assessment of the training areas before the start of the course. A copy of the risk assessment will be available at the school.

What will my child need?

- **The ability to ride a bike unaided.**
- **A completed consent form.**
- **A Helmet**
- **Appropriate clothing (school uniform is not required).** It is important, especially during the cooler months, that children wear gloves and warm, dry clothing as they will be outside all day.
- **A bike which is road worthy.** Please follow the simple guide below to check whether your child's bike is suitable.



Please note that children cannot take part if their bikes are considered unsafe.

Bikeability is the nationally recognised cycle training programme.

It's about acquiring the practical skills to cycle safely and with confidence on today's roads.

For children to participate in school Bikeability training, they must have basic riding skills (without stabilisers).

There are three Bikeability levels, see above which level your child's course is.

Level 1 is designed to give your child control over his / her bike and takes place in groups in a space away from traffic such as a playground or closed car park.

Level 2 will ensure your child is prepared for short journeys such as cycling to school. Training takes place in small groups on quiet, local streets, giving trainees a real cycling experience.

Level 3 is recommended for older children and adults. Trainees are equipped with skills needed for more challenging roads and traffic situations. Training is delivered one-to-one or in groups of up to three so can be tailored to a trainee's individual needs. Route planning is also covered, making this ideal for getting advice on and then practicing a school or work commute.



What does my child need to take part in Bikeability?

Crucially, your child needs to be able to commit to the full length of the course. If they miss a session, they may not be able to re-join the course since their cohort will have moved on. In terms of equipment, your child will need a bike which is in a roadworthy condition, the right size for them, have pumped up tyres and two working brakes. Instructors will show children how to check their bikes at the start of the first session and will ensure that your child's bike is safe for training purposes.

What should my child wear to take part in Bikeability?

In most cases, your child may wear their normal school clothes, suitable for the season and weather. Excessively loose clothes may be hazardous and should be avoided. In colder months, warm layers and gloves are recommended. High visibility tabards will be provided by BikeRight!

Does my child need a cycle helmet?

Yes, all children taking part in Bikeability need to wear a cycle helmet.

What will my child receive on completion of Bikeability training?

Children who successfully complete Bikeability training are awarded a badge, booklet and certificate.

My child did not complete the Bikeability training what happens now?

Your child will be given some feedback from their instructor on areas that need a bit more work. It is recommended that you discuss these with your child so that they can be clear on how they can improve their skills and confidence. You might be able to help your child practice these areas, or you might want to sign them up for further free training or holiday courses. Check out the BikeRight! website www.bikeright.co.uk for details.

Is there free cycle training available for adults?

Yes, many councils offer free individual or group training for adults and this can be a great way to understand better what your child has been taught and support them towards independent cycling. See the BikeRight! website for details www.bikeright.co.uk



BikeRight!

The Boat Shed, Building 4 Office 1, 22 Exchange Quay, Salford M5 3EQ

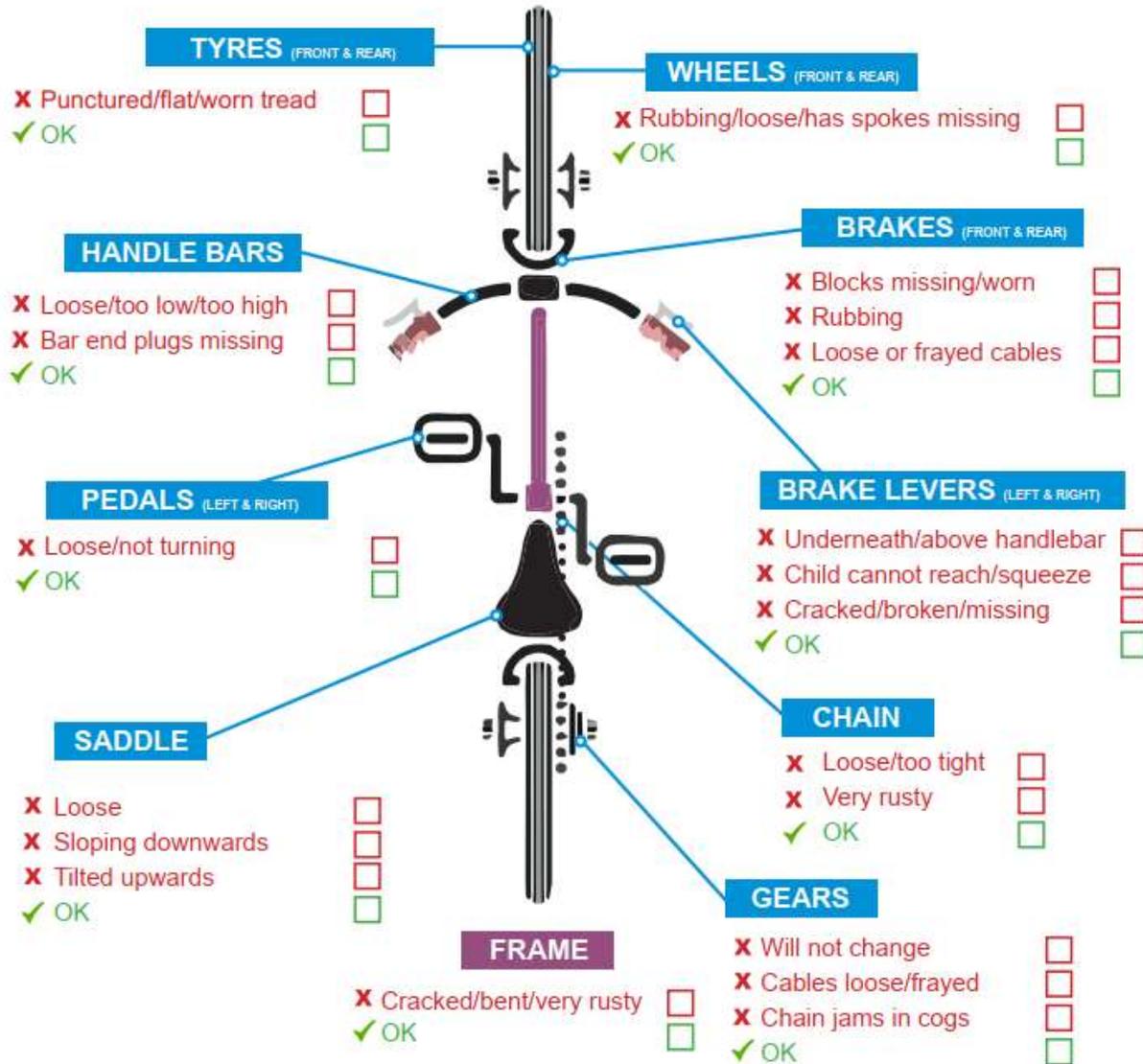
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BikeRight! is a limited company registered in England and Wales. Registered number: 5742951.

Registered office: Cuthbert Business Centre, 877 Ashton Old Road, Manchester, M11 2NA.

Bikes, helmets and clothing must comply with the requirements outlined on this check form. Without suitable equipment, your child may not be able to participate in the cycle training.

BIKE CHECK LIST- Please check your child's bike before they start their cycle training



BIKE SIZE

Your child should be able to sit on the saddle and touch the ground with the balls of both feet.



CHILDREN'S BIKE SIZES

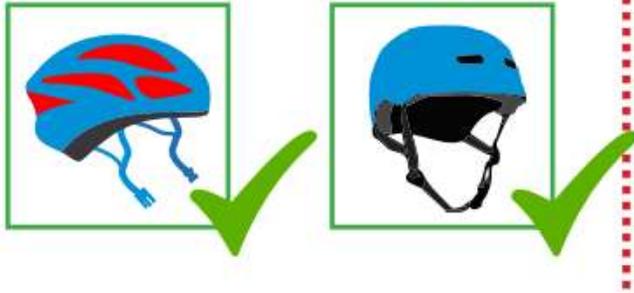


BMX bikes are NOT permitted for Level 3 training as the riding position is too low to be considered safe when riding on busier roads.

✓ BIKE SUITABLE

X BIKE NEEDS REPAIRING BEFORE CYCLE TRAINING

ACCEPTABLE HELMETS



UNACCEPTABLE HELMET



CLOTHING

- ✓ Trainers
- ✓ Lace ups/velcro
- ✓ Trousers/leggings/shorts



X Slip on shoes/ballet pumps



FITTING A HELMET CORRECTLY



POSITION THE HELMET



ADJUST THE CHIN STRAP



ADJUST OTHER STRAPS



TEST THE FIT

Reasons to replace a helmet

- Does not fit correctly
- Visibly damaged
- Dropped (even if no visible damage)
- Straps are damaged or missing

RELIGIOUS/CULTURAL CONSIDERATIONS



SUMMER

- ✓ Hip length waterproof jacket
- ✓ Sunscreen



WINTER

- ✓ Gloves
- ✓ Hip length waterproof coat



X Mittens

X Scarf



For further information, please contact Bikeright!

Tel: 0161 230 7007

Email: info@bikeright.co.uk

Web: www.bikeright.co.uk