



Bikeability Level 1 Cycle Training Course Information for Parents / Guardians

Bikeability is the all-new cycling training scheme for the 21st century. This new training scheme is an up to date version of the old Cycling Proficiency course and is designed to give the next generation the skills and confidence to ride their bikes on today's roads.

Cumbria County Council has secured funding from the 'Department of Transport' so that it can be delivered FREE of charge to your school.

For more information about the scheme please take a look at the website www.bikeability.org.uk.

Bikeability training will equip each child with the necessary skills and knowledge required to cycle safely throughout the rest of their life.

The training will take place during the school day and will be delivered by Cyclewise Training Ltd on behalf of Cumbria County Council. www.cyclewise.co.uk

The training meets National Training Standards and all Cyclewise instructors are fully qualified and CRB checked. The course will consist of a playground session during the school day which will cover all aspects of Bikeability Level 1 training. The course will teach the children better control and give them more confidence in their ability to brake, observe and indicate whilst riding in the safe environment of the playground.

The session is not designed to teach your child how to ride a bicycle.

You **MUST** return the completed consent form to the school before the date given above as numbers may be limited and any slips returned after this date may not be accepted.

ALL children are encouraged to take part and will **require their own bikes and helmets.**

We will bring along a few spare helmets for those who do not have their own.

You will need to make sure that your child wears clothing appropriate to the expected weather conditions i.e., warm clothes and gloves in cold weather. If wet weather is expected it may be a good idea to send your child to school with a change of clothing.

The training will take place at your school on the **28th February** during the school day. We are contacting you now to make sure that we have sufficient instructors available to train all the children at your school who wish to take part. It is very important you return the consent slip below to school before the **11th February** as numbers may be limited.



I confirm that my child will attend the Level 1 Bikeability Cycle Training on the **28th February** with a cycle in good working order and clothing suitable for the expected weather conditions.

Name of child: **Year Group:**.....

Please make a note of anything that may affect your child's training i.e., medical conditions etc

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Cyclewise Bikeability Office

Tel: 01768-898775 Email: bookings@cyclewise.co.uk
Company Registration Number: 06114473





Signed: Parent / Guardian. Date:.....

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