



## BIKEABILITY LEVEL 1 & 2 CYCLE TRAINING COURSE INFORMATION

### WHAT IS BIKEABILITY?

Bikeability is a national cycle training programme funded by the Department Of Transport. (DfT) The Bikeability course will give your child the skills and confidence required to safely ride their bikes for the rest of their lives. Funding is secured from the DfT by Cumberland Council & Westmorland and Furness Council. Cyclewise are contracted to deliver this training to your child FREE of charge. Bikeability is delivered by qualified, professional, DBS checked instructors. Please see [www.bikeability.org.uk](http://www.bikeability.org.uk) for more information. The aim of Bikeability is to get everyone cycling more safely, more often. As of 2024, Cyclewise has successfully delivered this training to over 60,000+ young people throughout Cumbria.

### COURSE DURATION – 4 X 2 HOUR SESSIONS

Level 1 – session 1	Playground based session – trainee shown how to check their cycle & control & master bikes. Participants <b>MUST</b> reach the required standard in cycle control in order to proceed to the Level 2 sessions which follow
Level 2 – sessions 2-4	Road training – basic manoeuvres at local junctions, including left & right turns & overtaking parked vehicles
<b>YOU CAN HELP! BEFORE THE COURSE:</b> Check if your child is able to: Start & stop safely; ride in a straight line; use their gears; control their cycle when looking behind and when signalling	

### FURTHER INFORMATION FOR PARENTS

To benefit from Bikeability your child must attend every session and practice what they have learnt after training – bikeability skills will be lost without regular cycling

Please support and encourage your child to continue cycling during and after training

**Please note that this course is not designed to teach children to ride**

### IMPORTANT – YOUR CHILD’S BIKE

Their bike must be in good working order & roadworthy. All bikes will be checked over by our instructors & any child with an **unsafe** bike will be unable to continue with the course.

- **Fitting** – Check that the cycle fits the child i.e. that the balls of both feet are on the ground whilst sitting on the saddle with legs straight. Check that the handlebars are at a comfortable height.
- **Mechanical condition** – make sure that all parts are in good repair and no parts are loose
- **Tyres** – worn tyres are unsafe. Tyres must have a reasonable amount of tread with no bald patches. The sidewalls should have no splits or bulges. Make sure they are correctly inflated
- **Brakes** – the bike needs a front & rear brake in good condition being operated with the minimum amount of ‘pull’ – if levers touch the handlebar in the ‘on’ position, the cables are too slack.
- **Being safe** – If your child has a helmet make sure they bring it on the course. It should conform to BS EN 1078 or equivalent. We also suggest that a bell is fitted to the left of the handlebar within easy grip reach

### Cyclewise Bikeability Office

Tel: 01768-898775 Email: [bookings@cyclewise.co.uk](mailto:bookings@cyclewise.co.uk)

Company Registration Number: 06114473





## HOW TO BOOK A PLACE ON THE BIKEABILITY COURSE

The training will take place at your school during the week of the **22<sup>nd</sup> – 26<sup>th</sup> April** during the school day.  
**Please complete and return** your consent form to school before the **4<sup>th</sup> March**.

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.

If you have any questions, please do not hesitate to contact our Bikeability Office on 01768 -898775 or email [sue@cyclewise.co.uk](mailto:sue@cyclewise.co.uk). Once the training is complete, it would be great if you and your child could give feedback via these links:

Parent survey: <https://www.surveymonkey.co.uk/r/PRIMPARA-S18>

Child survey: <https://www.surveymonkey.co.uk/r/juncyclist18>

This will help towards future funding bids.

### PARENTAL / GUARDIAN AGREEMENT

By completing the booking form I understand that:

- My child may take part in cycle training.
- My child can already ride (may be refused if not).
- The instructors may refuse to train my child if they deem their cycle to be un-roadworthy.
- It is my responsibility to ensure my child does not ride an un-roadworthy bike and if I am in doubt, I should seek the advice of a professional mechanic.
- Instructors may at any time refuse to continue to train my child if their behaviour or cycling ability is deemed unsuitable.
- Cyclewise will not be responsible for any injury or liable for any loss or damage to participant's cycles and other belongings.
- My child will wear a helmet and clothing appropriate to the expected weather conditions. (Helmets will be provided for those that do not have their own)
- I consent to the Bikeability instructor 'adjusting' my child's helmet if required, however I confirm they are not responsible for the physical condition or appropriate fitting of the helmet.
- I understand that pupil data collected will be used to support the delivery and monitoring of training sessions/courses – see [www.bikeability.org.uk/privacy-statement](http://www.bikeability.org.uk/privacy-statement) for further details.
- I agree to encourage my child to practice between each session and after completion of the training.

### COVID-19 STATEMENT

Cyclewise are following all up-to-date government protective measures with regards to Covid-19, which we will keep under review and update if necessary. It is our priority to ensure the well being and safety of all students, school staff and instructors during the delivery of the Bikeability scheme in your school. All our staff have been issued with the relevant PPE and will adhere to the schools own corona virus policies and procedures as well as guidance issued by the Department of Transport. Please do not hesitate to contact us if you have any questions regarding the Bikeability delivery in your school.

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## BIKEABILITY CONSENT FORM

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### I CONFIRM THAT I HAVE READ ALL THE INFORMATION ENCLOSED AND CONSENT FOR MY CHILD TO TAKE PART IN BIKEABILITY CYCLE LESSONS AND RELATED ACTIVITIES

(may include cycle maintenance as well as riding on the public highway).

I understand that this information is retained by my child's school and used to ensure my child is eligible to undertake Bikeability training.

<b>Full Name of Child:</b>
<b>School:</b>
<b>School Year:</b>
<b>Are there any medical / educational needs we need to be aware of?</b>
<b>Signed (parent/guardian):</b>

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