

Enquiries to: South Glos Council, ECSS, PO Box 1954, Road Safety Education, Bristol, BS370DD  
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Email: Cycle\_training@southglos.gov.uk

## Year 5 Bikeability Level 2 Cycle Training Course

**Course Location:** *St Chad's Primary School*

**Dates of Training:** *Tuesdays 21<sup>st</sup> April, 28<sup>th</sup> April, 5<sup>th</sup> May, 12<sup>th</sup> May, 19<sup>th</sup> May 2020 (last day to be confirmed as clashes with School Sports Day)*

**About the Course** – During the course your child will be taught how to:

- Start and stop safely
- U Turns
- Turn left under various conditions
- Turn right under various conditions
- Overtake parked vehicles

This cycle training is not designed to teach children **how** to ride a bike as all children on the course are expected to be able to cycle competently as the training is predominantly road based. The course is a continuous assessment of the trainees riding skills and understanding of road rules and safety. **All level 1 outcomes need to be achieved before a trainee is taken out onto a road environment, if this is not achieved a child will be withdrawn from the course.** All elements of the course must be achieved to a competent, confident and consistent standard to gain Bikeability level 2. Your child may be asked to practise in between sessions, in a traffic free area, we would never expect a child to practise on the road without adult supervision. Full details of Bikeability outcomes are on [www.bikeability.org.uk/](http://www.bikeability.org.uk/)

As with other school activities, South Gloucestershire Council does not provide Personal Accident Insurance cover for children during training, and parents who want this type of cover should make their own arrangements.

### **Training/Testing Conditions**

1. The course **MUST** be carried out on a mechanically sound and legally roadworthy bicycle adjusted to suit the rider. The bike will be checked at the start of the course and you will be notified if any faults are found. Faults will need to be rectified before your child can continue on the course; failure to do this will mean your child cannot continue with the training. However it must be understood that responsibility for ensuring a bike is roadworthy remains with the parent/guardian.
2. The safety of children moving to and from the training course with their bicycles is the responsibility of the parent or guardian.
3. Children will be required to do training on roads; this will necessitate parental approval. The times stated for the course will be adhered to wherever possible, but occasionally these may be re-arranged due to circumstances beyond our control. It is suggested that your child has a change of clothes in school as we rarely cancel sessions due to weather, Girls wearing skirts may find it easier getting on and off the bike wearing shorts/trousers, as skirts often get caught on the saddle and/or caught in the back wheel.
4. Children, and Instructors are issued with bright fluorescent clothing with 'cycle training' on the back, this creates a safer environment, and should be borne in mind when your child is allowed on public roads on his/her own.
5. Whilst cycle helmets do not prevent accidents, they drastically reduce the risk of serious head injury if an accident occurs. Parents are, therefore required to supply a properly fitted and adjusted helmet to a recognised safety test standard, (e.g. BS EN 1078, SNELL CERTIFIED, ANSI Z 90.4) These can be purchased from the Council for £9 please contact the school for further details and allow a minimum of two weeks to process.
6. Your child must be committed to attending the entire course: if one session is missed this will mean they cannot continue with the rest of the course. If there are any problems with any of the training dates please notify your school before the start of the training.
7. Your child will be expected to behave in a safe and orderly manner and failure to comply with this may mean your child will be excluded from the course.
8. This consent form should be filled in at least four weeks before the start date and returned to the school. Failure to do so will result in the child not being accepted for the session.

## Year 5 Bikeability Level 2 Course – Enrolment/Consent Form

The following information is requested to identify if there are any special conditions relating to your child and to ensure information will be available in case an accident occurs.

**Medical Information**

Does your child have a medical condition?

**YES/NO**

(Delete accordingly)

For example A.D.H.D or Asthma

***Trainees with Asthma must carry their inhaler, No inhaler No training unless otherwise stated***

If YES please advise if this limits what your child can do e.g. are they likely to become tired, will they understand verbal instruction

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Is your child allergic to any medication?

**YES/NO**

If YES, please give details

(Delete accordingly)

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**Please advise us of anything else that may affect your child taking part in a cycle training course.**

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**STATEMENT OF CONSENT**

I will ensure my child abides by the above guidelines and give consent for him/her to attend the cycle training course school. I understand that the course is predominantly road based and run by qualified Bikeability cycle instructors

If I am unable to be contacted following an accident I agree to my child receiving medical treatment, including anaesthetic, as considered necessary by a qualified health professional.

Name of Child:	
Address:	
Child's Age and year group:	
School they attend:	
Emergency contact numbers:	
<b>Signed Parent/Guardian:</b>	
<b>Parent/Guardian Name and Date:</b>	

The consent form should be completed and submitted by Thursday 27<sup>th</sup> February 2020 at the latest. Failure to do so by this deadline will result in your child not being accepted for the session.

Please note: **The course is a continuous assessment of the trainees riding skills and understanding of road rules and safety. All elements of the course must be achieved to a competent, confident and consistent standard to gain Bikeability level 2. Your child may be asked to practice in between sessions, in a traffic free area. We would never expect a child to practise on the road without adult supervision.**

*When you register your child with us for Bikeability we ask you for some medical details about the child. We will only use this information to provide the Bikeability service you require, or to give to medical personnel in the event of an emergency. Cycle Instructor.com is a 3<sup>rd</sup> party to this agreement as they provide the software, they will not normally have access to this data other than to support the services at South Gloucestershire Council's request. Your privacy and that of your child is important to us, and we take great care to protect it. If you agree to share these details with us you still keep your rights given by the Data Protection Act 2018. For more information please refer to our [Privacy Statement at www.southglos.gov.uk/council-and-democracy/data-protection-and-freedom-of-information/privacy-statement/](http://www.southglos.gov.uk/council-and-democracy/data-protection-and-freedom-of-information/privacy-statement/)*