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### **Bikeability Level 1 Cycle Control Skills**

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

**Dates of Training:** *Tuesday 6<sup>th</sup> December 2022*

Dear Parent/Guardian

A cycle control skills course is to be conducted at your child's school. It is designed to improve their cycling skills and is a pre-requisite to taking part in an on-road training course later on in Years 5/6. The course is delivered in the School and run by Bikeability accredited cycle instructors. Activities will involve a simple bike check, use of gears and brakes, slow riding, close control skills, riding with one hand, and balance exercises. 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 Conditions**

1. The course **MUST** be carried out on a mechanically sound bicycle adjusted to suit the rider. The bike will be checked at the start of the course and if any dangerous faults are found it will mean your child cannot continue with the training. Responsibility for ensuring a bike is roadworthy remains with the parent/guardian. *In the current climate we ask that bicycles are checked prior to the course to minimise contact that our instructors need to have with the bicycle.*
2. 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). *Again in the current climate we ask that the fit of the helmet is checked at home prior to the course to minimise contact with our instructors.*
3. Your child will be expected to behave in a safe and orderly manner *complying with social distancing guidelines* and failure to comply with this may mean your child will be excluded from the course.
4. If your child is not in school due to covid they will be unable to attend the bikeability lesson
5. Please return the completed consent form to your school. Failure to do so will result in the child not being accepted for either session.



## Bikeability Level 1 Control Skills Course – Consent Form

### Medical Information

Does your child have a medical condition? ...

YES NO

☐ ☐

For example A.D.H.D or Asthma

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

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

Is your child allergic to any medication?

YES/NO

If YES, please give details.

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

**RIDERS WITH SYMPTOMS OF COVID-19 (A HIGH TEMPERATURE, A NEW, CONTINUOUS COUGH OR A LOSS OR CHANGE TO THE SENSE OF SMELL OR TASTE) SHOULD NOT ATTEND CYCLE TRAINING. INSTRUCTORS WILL CHECK WITH TRAINEES THAT THEY ARE SYMPTOM-FREE PRIOR TO TRAINING COMMENCING.**

### 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. I understand that the course is run by qualified 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 qualified medical personnel.

Name of Child.....Child's Age.....

Ethnicity;

- ☐ Asian or Asian British
- ☐ Black, African, Caribbean or Black British
- ☐ Mixed or multiple ethnic groups
- ☐ White
- ☐ Other

Does your child receive free school meals

Yes No

☐ ☐

School they attend.....Year Group.....Gender.....

Address.....

Emergency Contact for the duration of the course.....

Emergency contact numbers .....



Signed .....

Parent/Guardian Name.....Date.....

**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.**

*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. Coordinate.cloud 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](http://www.southglos.gov.uk/council-and-democracy/data-protection-and-freedom-of-information/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/)*