



# BIKEABILITY

## Cycle training course



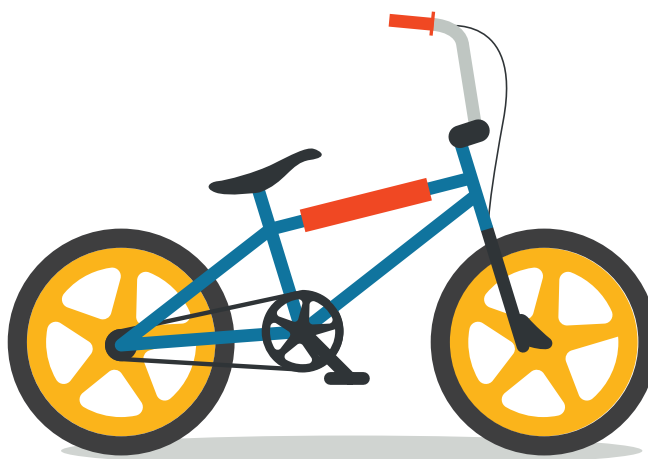
*Dear parent/carer,*

Your child can take part in a practical cycle training course, delivered by South Gloucestershire Council's Bikeability team. Bikeability is the government's national cycle training programme teaching children to cycle on today's roads. The Bikeability team are qualified, DBS checked instructors with experience in teaching cycle training. All courses adhere to the Bikeability national guidelines, they are fully risk assessed and the training areas are specifically chosen to reflect the level of training and the experience of the cyclists. During the training your child will be riding their bike unassisted (but observed) on the public highway.

## Course information

### **Bikeability** LEVEL 1

**Level 1** course (2 hours - Yr 3 & 4 Primary School) teaches basic bike handling skills and is delivered in a traffic-free environment, such as a playground – **it is essential that children are able to ride the bike that they bring to the course.** For details of our Learn to Ride programme please email [cycle.training@southglos.gov.uk](mailto:cycle.training@southglos.gov.uk)



### **Bikeability** LEVEL 2

**Level 2** (7.5 hours – Yr 5 & 6 Primary School) Taught on quiet roads but in real traffic conditions and covers simple manoeuvres, road sense and road positioning. Level 1 is covered in this training.

**Each session is progressive teaching different outcomes as well as using different locations. If your child misses any sessions, they will be unable to continue with the course and will have to re-book onto another course.** If this cannot be arranged through the school please email [cycle.holiday@southgos.gov.uk](mailto:cycle.holiday@southgos.gov.uk) for or details of our cycle training school holiday program.

### **Bikeability** LEVEL 3

**Level 3** (2 hours – Yr 6 and above) covers more complex situations and equips the cyclist to handle a wide range of traffic conditions and road layouts.

## Check that bike

You can play a part in supporting your child with their Bikeability training by checking their bike before it is taken into school.

It's as simple as **A B C** - Air, Brakes and Chain...

### AIR

Check the air in the tyres and pump them up if needed. Check for damage and the depth of the tread.

### BRAKES

Make sure both brakes are working and that they aren't worn or sticking.

**Important note: Two working brakes**

**are required for all on road training**

### CHAIN

The chain should be well oiled and not rusty.

Are your **handlebars** fixed on tight? Is your **seat** on tight and pointing forward?



## Does the bike fit your child?

You need to check that the seat is at the right height. It's no good struggling to reach those pedals on a borrowed bike that's too big or making do with something that fitted years ago. Can they easily reach the handlebars or are they overstretched? Do they feel like their legs are bending too much, almost like a squat position?

- 1 Stand next to the bike – the saddle should be at hip height.
- 2 Make sure that the top of the handlebar is level with the mid-point of the saddle.
- 3 The handlebars should be close enough to reach with ease. Overstretching will cause children to wobble, especially when trying to turn corners.
- 4 Legs should only be slightly bent when on the pedal and riding. The straighter the leg, the better.
- 5 The seat height should allow you to rest the tips of your toes on the ground.





## Helmets

- During this training we require all cyclists to wear a helmet.
- Your helmet should sit on the top of your head, not too tight or too loose with the peak sitting about two fingers width above eyebrows.
- The side adjusters should sit below your ears and form a nice V on the side of your head.
- The chin strap should allow for two fingers to fit between it and the chin.

## The weather

It is safe to say that the British weather is unpredictable! So always make sure you prepared and expect the unexpected.

Make sure you have an extra layer, hats, and gloves with you on the day of the course. You might even want a change of clothes in case it rains. If the sun is set to make an appearance, then remember to wear sun cream.



## Bikeability Course Enrolment/Consent Form

The following information is requested to identify if there are any special conditions, or that we may need to provide additional instructors, and to ensure information will be available in case an accident occurs.

### Medical Information

Does your child have a medical condition? For example A.D.H.D. or Asthma. Trainees with Asthma must carry their inhaler. No inhaler, no training unless otherwise stated.

☐ YES ☐ NO (please tick)

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?

SEND

☐ YES ☐ NO (please tick)

Is your child allergic to any medication?

☐ YES ☐ NO (please tick)

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

Does your child receive free school meals?

☐ YES ☐ NO (please tick)

### Ethnicity: (please tick)

☐ Asian – Bangladeshi

☐ Asian- Indian

☐ Asian-Chinese

☐ Asian-Pakistani

☐ Asian – Any other Asian background

☐ Black- Black Caribbean

☐ Black-Black African

☐ Black- any other black background

☐ Mixed-White and Asian

☐ Mixed-White and Black Caribbean

☐ Mixed – White and Black African

☐ Mixed – Any other Mixed background

☐ White- Gypsy/Roma

☐ White – traveller of Irish heritage

☐ White-British

☐ White-Irish

☐ White- Any other white background

☐ Any other ethnic group – Arab

☐ Any other ethnic group

☐ Prefer not to say

## Useful information

For more information visit [www.southglos.gov.uk/bikeability](http://www.southglos.gov.uk/bikeability)

or contact us at [cycle\\_training@southglos.gov.uk](mailto:cycle_training@southglos.gov.uk)

For school holiday courses please contact us at

[cycleholiday@southglos.gov.uk](mailto:cycleholiday@southglos.gov.uk)

Name of child

Course dates

Wednesday 20th, Thursday 21st and Friday 22nd March

Level 1, 2 or 3

Level 1 & 2

All times and dates for training are organised by the school with the exception of school holiday courses.

Please complete and return this form to

By (date)

School office

Tuesday 20th February



### STATEMENT OF CONSENT

The consent form should be completed and submitted by the date above at the latest. Failure to do so by this deadline will result in your child not being accepted for the session.

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 3rd 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/)

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 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 any qualified health professional.

Name of child:

Address & postcode:

Child's age and year group:

School they attend:

Emergency contact numbers:

Parent/carer name:

Signed parent/carer:

Date: