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23rd September 2021

Bikeability Cycle Training (Provided by Pedal Power Training Ltd)

Dear Parents,

I am delighted to be writing to you to invite your child to participate in Bikeability Cycle Training. The training follows the National Standard and helps give children the skills and experience they need to cycle safely and confidently. Cycling is not only fun but can be a great way of keeping physically fit, it can be beneficial to our wellbeing, develop confidence and help us to become more independent.

Bikeability has three levels of training: Level 1, Level 2 & Level 3 and the cost for your child to participate is £5.00, regardless of the number of levels completed. This can be paid via Tucasi or sent into school in a named envelope.

We have arranged for the training courses to take place during the week beginning **Monday 8th November 2021**. All sessions will run during school hours and your child will be notified of their session start time by the school prior to the course.

Course Content Overview:

- **Level 1 – training develops cycle handling skills in traffic-free environments**
Please allow your child to watch this short video. Bike handling skills will be covered at the end of the video. <https://youtu.be/4s-nw64BnGE>
- **Level 2 – training develops skills for cycling on single-lane roads with simple junctions and moderate traffic**
Activities instructed will be covered at the end of this video. <https://youtu.be/1QVCvi6UUQ0>

The first session will be Level 1 training only and will take place in the school playground. In this session riders will also be taught how to carry out a bike check and adjust their helmet and clothing. Cycle skills will be taught through fun activities. Riders will be assessed throughout the training session and the instructor will determine if the rider has the required control/skills to progress to Level 2 on road training. If they are not able to progress to Level 2 training, they will be told which skills need to be practised in preparation for the next available Level 2 course. Please allow your child to watch this short video on Level 2.

Level 3 – training develops skills for cycling on complex, busy or fast roads and junctions sometimes with heavy traffic. Level 3 training is offered through secondary schools. The link below shows a short video on Level 3. <https://youtu.be/QggOrOXOqpU>



If you wish to find out more detailed information regarding Bikeability, please visit their website:
<https://bikeability.org.uk>

What your child will need for each training session

- **A bike which is roadworthy and the correct size for them** - a bike check will be carried out on the day 1 and any bike which is not roadworthy will have to be fixed for your child to continue on the course (or a loan bike can be used). **A roadworthy bike must have the following as a minimum – 2 fully inflated tyres, with good tread, 2 working brakes, secure handlebars, with correctly fitting secure grips. Saddle must be secure.**
- **A cycle helmet** - this needs to be the right size and a good fit
- **Weather appropriate clothing** including **gloves** (sessions are between 1 and 2 hours and are outside).
- **Some wet weather clothing** e.g. a minimum of a shower or waterproof jacket, preferably some over-trousers too. The training will continue in light to moderate rain but will be suspended if there is a heavy downpour.
- **A high visibility jacket/tabard/vest**

If you would like your child to take part in the cycle training but they have not got a bicycle and/or helmet, it may be possible to borrow these from Pedal Power Training. To borrow a bike and or helmet, please use the booking link below. The minimum seat height of Pedal Power bikes is 750mm.

Covid-19

All cycle training will be delivered in line with current Covid-19 government guidance for schools and our school guidelines.

There are a limited number of places available, so please use this link: [Year 6 Bikeability Booking Link](#) to book your child on to the course. The closing date for the course will be **Sunday 10th October 2021**. It is important that you complete the booking and consent before this date, so that we are able to make arrangements for the course and ensure the required resources will be available. Unfortunately, bookings cannot be accepted after Sunday 10th October. If you do not wish your child to take part, please do NOT complete the link.

We do hope as many pupils as possible will register for this opportunity, if you have any further questions, please do not hesitate to ask. We are all looking forward to seeing the children on their course and supporting their cycle safety understanding.

Yours sincerely,



Miss Jo Redman
Headteacher

Parental Engagement
Quality Standard

