



Bikeability training in school

30th October 2023

Dear Parents/Carers,

Great news! We will be coming to your school to do Bikeability training with your children in **Year 4 and Year 5**. This replaces the session that was due to take place before half term, therefore if you have already signed up, you do not need to apply again. We hope to run two groups on Monday 6th November and are therefore opening our offer to Year 5 as well. This would be most suitable for Year 5 children who would like to build their confidence. At a later stage, Upper KS2 pupils will be offered the Level 2 course, which includes cycling on the road. Please note spaces will be filled on a first come, first served basis.

The Bikeability Level 1 course helps children get more skilled and confident in riding their bikes in the playground and get them ready for cycling on the road. Riders **MUST** already be able to ride a bike - pedal and freewheel - to participate in this level.

Each child will require a roadworthy bike, a helmet, suitable clothing for spending up to 120 minutes riding a bike outside (e.g. A shower-proof coat if it's going to rain, gloves if it is cold) and secure flat shoes/trainers, water, plus other personal requirements e.g. Medication needs, sun cream, inhaler.

Cycles must be in a roadworthy condition which means both brakes are fully working, tyres are pumped up, gears (if present) operate as designed, the chain is properly lubricated.

Bikeability is government-recognised, practical and professional training, and we know that cyclists are more skilled and more confident once they've taken part.

Our training will take place at school on the following date:

Date: Monday 6th November

Duration 2 hours

Cost: £5

Pupils enjoy developing their cycle skills and safe cycling knowledge through the training and it also provides important life skills as they grow and develop. The training will be delivered by DBS checked qualified Bikeability instructors.

Please complete and sign the attached consent form and **return to school with £5 cash** no later than **Wednesday 1st November**.

Kind regards

Bespoke Cycling Instruction Ltd

BeSpoke Cycling Instruction Ltd
1 Seymour Place, Chinnor Road, Bledlow Ridge HP14 4AE
☎ 07999 210032
✉ spokesci@gmail.com
💻 www.spokesci.com

BIKE, HELMET AND CLOTHING CHECK

Please check your child's bike before they start their cycling training. Below are some tips for you.

Bike Size and clothing

Your child should be able to sit on the saddle and touch the ground with the balls of both feet. Below is a children's bike size guideline and a list of what to wear and not wear.

- ✓ Trainers
- ✓ Lace ups/Velcro
- ✓ Trousers/leggings/shorts
- ✓ Hip length waterproof jacket ❄️☀️
- ✓ Sunscreen☀️
- ✓ Gloves ❄️

- ✗ Slip on shoes/ballet pumps
- ✗ Mittens
- ✗ Scarf



Making sure your helmet fits correctly

- ✓ The helmet should be a snug fit, and positioned squarely on the head, sitting just above the eyebrows
- ✗ It should not be worn tipped forward, or tilted back
- ✓ Straps should be securely fastened and not twisted
- ✓ You should be able to put 2 fingers between the strap and your chin. Any more and it is too loose.

Pre-course bike safety check

Visit Halfords online safety check www.halfords.com/cycling/bike-maintenance/care-plans/free-bike-check

Remember your...

A

AIR

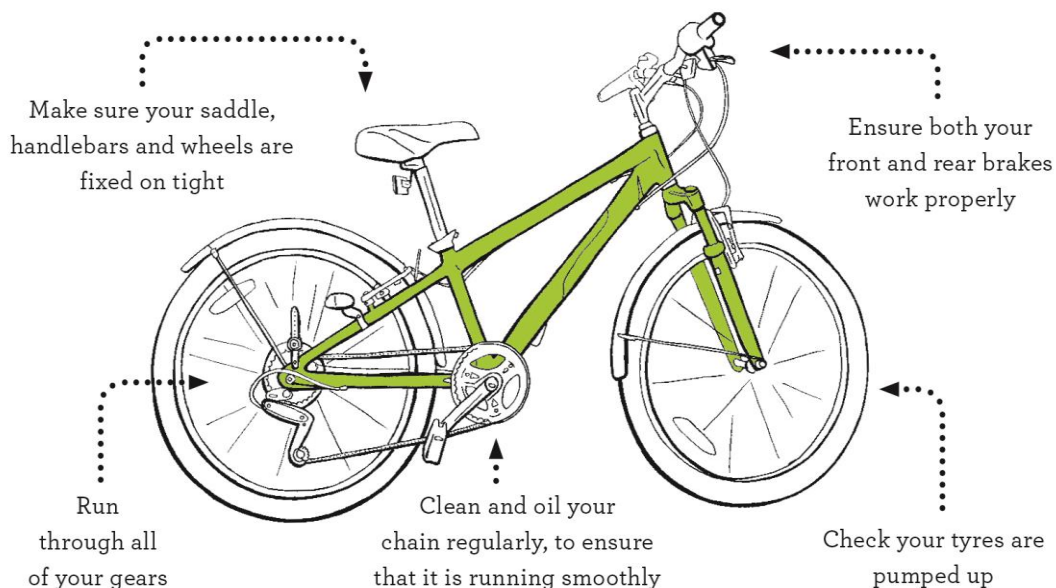
B

BRAKES

C

CHAIN

before every ride





Parental Consent Form for Bikeability Cycle Training

Dear Parent / Carer

Great news! Your child has been offered the opportunity to take part in Bikeability cycle training. We need your consent for your child to participate in Bikeability cycle training. Please complete the following form and return it as soon as possible to your school. Failure to complete this form will unfortunately result in your child being unable to take part in Bikeability cycle training.

What is Bikeability?

Bikeability is the government's national cycle training programme. It helps you learn practical skills and understanding of how to cycle on today's roads. Bikeability gives everyone the confidence to cycle and enjoy this skill for life.

Find out more: www.bikeability.org.uk

Name of child:

School/Organisation:

School Year:

Relevant medical conditions:

Relevant additional or special educational needs:



Parental Consent Form for Bikeability Cycle Training

I am happy for photographs or videos to be taken of my child during Bikeability cycle training. These images may be used by the school, training provider or Bikeability Trust to promote the programme.

☐ Yes

☐ No

Pupils will need to bring a roadworthy bike and we recommend a helmet that fits securely.

A roadworthy bike has:

- Inflated tyres, as hard as an apple
- Two working brakes
- A well-oiled chain
- A saddle and handlebars which are fixed on tight

For tips on how to check your bike is roadworthy, visit <https://bikeability.org.uk/bikeability-training/get-ready/>
If you are still unsure, please seek the advice of a professional mechanic in advance of Bikeability cycle training.

For my child to take part in Bikeability, I confirm the following:

	Tick to confirm
My child can already ride a bicycle and I understand that cycle training will be refused if they cannot ride competently.	
My child is medically fit to take part in Bikeability.	
My child will bring a roadworthy bike and I understand that cycle training will be refused if their bike is not suitable.	
My child will bring a helmet that fits securely.	
My child will have weather appropriate clothing.	
My child is responsible for their own behaviour, and I understand that cycle training may be refused if my child's behaviour puts them at risk to themselves or others.	
I have read all of the information and consent to Bikeability cycle training for my child	

Signed (Parent/Carer)

Date

At BESPOKE Cycling Instruction Ltd we recognise the importance of protecting your personal information and are committed to processing it responsibly and in compliance with applicable data protection laws as set out in the General Data Protection Regulation (GDPR) & the Data Protection Act.