

Road Safety & Travel Awareness

01384 815433

road.safety@dudley.gov.uk

www.dudley.gov.uk/roadsafety

Bikeability Level 1

DATE Thursday 7th March 2024

Your child's school has chosen to host Bikeability Level 1 cycle training for Year 3 pupils.

Cycling is fun, keeps us fit, and helps keep the air we breathe cleaner.

Bikeability cycle training enables riders to cycle skilfully and confidently, and contributes to more people cycling, more safely, more often.

Bikeability Level 1 is delivered in a secure playground environment, trainees do not leave the school premises. At this level the training does not attempt to simulate on road cycling.

The main aim of the course is for riders to be able to show that they are confident and able to demonstrate cycle handling skills, in line with the National Standard.

The level 1 course comprises of two modules:

- Prepare myself and the cycle for a journey
- Set off, pedal, slow down and stop

It also introduces the four key elements for safe and responsible cycling, which are needed as the trainee progresses to riding on the road at a later stage:

- Making good and frequent observations.
- Choosing and maintaining the most suitable riding positions.
- Communicating intentions clearly to others when riding.
- Understanding priorities on the road, particularly at junctions.

These are delivered through a series of practical activities and games.

Bikeability creates positive learning experiences in which all trainees make progress and none fail.

Your child will be encouraged to continue to improve their skills, and practice the activities at home.

At the end of the course your child will receive a Bikeability Level 1 certificate, **(please note this is not a qualification)** badge and booklet, recognising the progression they have made on the course.

Each course lasts for 1hr 45min.

The Road Safety and Travel Awareness Team usually offer Bikeability Level 1 training to children in Year 3 and Bikeability Level 2 (which includes a level 1 recap) to children in Year 5 or 6.

What does my child need?

In order to take part your child;

- Will need a suitably sized bike that is in a roadworthy condition
- Must have two working brakes on their bike
- Should wear appropriate clothing for the weather conditions and activity, to include gloves, suitable footwear for cycling, and a waterproof coat if the weather is cold (a change of clothes is preferable, no baggy trousers or loose clothing that can get caught in the moving parts of the bike)
- Is advised to wear an appropriate helmet

Your child will be required to wear a high visibility numbered tabard (which will be provided by the Road Safety team).

A bike check is included in the training, and instructors may not allow your child to continue if they consider that the bike or any other factor (for example clothing, behaviour, etc) will put them at risk.

We want to make the training as inclusive as possible. Instructors can adapt the training to suit a trainee who has special needs, is still on stabilisers, or is using an adaptive bike or trike. Please state this in the “**Additional Information**” section on the consent form if this applies to your child.

If you wish your child to take part, please complete and sign the attached consent form, in **block capitals**, and return it to the school **ASAP**

Parent and Children Bikeability Resource

There is a new resource available for children who are undertaking Bikeability training and their parents.

<https://www.bikeability.org.uk/about-cycle-training/cycle-training-for-families/>

This webpage, developed by The Bikeability Trust, offers advice and information as well as discount offers aimed at supporting families to continue cycling together. New information, guidance and offers will be added on a regular basis.

For further information on the Bikeability Level 1 training, please follow the link below:

<https://bikeability.org.uk/bikeability-training/bikeability-level-1/>

Please read the following consent information carefully and return to your school no later than Friday 9th February.

I agree to the following:

1. My child can participate in the activity course described below.
2. I am responsible for ensuring my child has a **roadworthy cycle** for training. Instructors will refuse participation if this is not the case.
3. I will ensure my child is **appropriately clothed** for the weather and the activity
4. I understand instructors are not responsible for any injury or liable for any loss or damage to participants' cycles and other belongings.
5. I understand that the information I provide below may be shared with the emergency services in the event of them being called.

Activity:	Bikeability Level 1 Cycle Training
Course date:	Thursday 7 th March 2024
School:	St Margaret's at Hasbury Primary School
Childs Name:	
Medical conditions or any Special Educational or Disability that the instructors need to be aware of:	
*I consent to the processing of the above information for the purpose of this scheme	Yes / No
Parent / carer's name:	
Emergency contact number:	
Parent / carer's signature:	
Date:	

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<https://www.dudley.gov.uk/privacy-disclaimer-statement/corporate-privacy-disclaimer-statement/>