

Road Safety & Travel Awareness

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Bikeability Level 2

DATE: Wednesday 6th & Thursday 7th March 2024

Your child's school has chosen to host Bikeability Level 2 cycle training for Year 5 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.

The Bikeability Level 2 course is delivered on pre-assessed single lane roads near the school with mostly moderate motor traffic flow.

The main aim of the course is for riders to be able to demonstrate that they are confident and able to demonstrate that they can cycle safely on single lane roads and safely negotiate simple junctions using the four key elements below for safe and responsible cycling-

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

The level 2 course comprises of three modules:-

- Cycle safely and responsibly
- Share the road with others
- Manage risk when cycling

These are delivered through a series of practical activities.

Bikeability Level 2 is the second stage of our cycle training in schools, following on from Bikeability Level 1 in year 3, and may be followed up by Bikeability Level 3 in secondary school.

What does my child need?

In order to take part your child;

- Must be able to ride a bike without stabilisers, and be ready to learn how to ride on the road
- 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 a Helmet during the training

Each trainee 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 trainees 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 usually adapt the course to include a trainee who has special needs, or is using an adaptive bike or trike. Please let us know if this applies to your child.

If the course is not appropriate for any reason, the Road Safety and Travel Awareness Team can provide bespoke training at a time and location to suit the trainee.

How does the course work?

The course is run over 1 ½ consecutive days. Day 1 is a full day (9.00am – 3.00pm) and day 2 is a morning session (9.00am – 12.00pm)

Before being taken out on the road your child will go through a Bikeability Level 1 recap session, on a playground within the school premises (day 1, 9.00am – 11.00am)

Your child must complete the first day of the course in order to proceed to the second day

Instructors will not allow your child to take part in Bikeability level 2 if they consider that your child's ability to ride on the road will put themselves or others at risk.

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

The decision as to when and where a child or young person rides a bicycle on the road is a matter for parents / guardians.

What will my children get?

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

At the beginning of the course each child will receive a high visibility draw string bag, which is provided for them to carry a snack and water bottle while they are out on the road.

At the end of the course each child will receive a Bikeability Level 2 certificate, **(please note this is not a qualification)** badge and booklet, recognising the progression they have made on the course.

Sharing this clear information about trainees cycling ability with parents / carers will help to encourage them to continue cycling to the National Standard.

If you wish your child to take part, please complete 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 parents and their children who are undertaking Bikeability training.

This webpage offers advice and information as well as discount offers aimed at supporting families to continue cycling together. The link to this webpage is <https://www.bikeability.org.uk/about-cycle-training/cycle-training-for-families/>

The Bikeability trust has developed this page where new information, guidance and offers will be added on a regular basis.

For further information on the Bikeability Level 2 training, please follow the below link:-

<https://bikeability.org.uk/bikeability-training/bikeability-level-2/>

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 above.
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 2 Cycle Training
Course date:	Wednesday 6 th & 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:	

The personal and special category information you provide on this form is processed with your consent and explicit consent. Further details of your rights with regards to the processing of your personal data can be found in the Council's Privacy Notice available at this link:

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