

Dear parents/carers of Year 5 pupils,

### **Level 2 Bikeability Course**

I write to give you details of the above course and to ask you to return the enclosed Application/Parent Consent Form if you wish your child to take part.

**Bikeability training will be run for two groups of 24 pupils over two weeks (w/c 27<sup>th</sup> April and w/c 4<sup>th</sup> May).**

**A payment of £10 will need to be made via Parent Pay and places on the course will be allocated based on a first-come, first-served basis.**

Bikeability is the new cycle training for the 21st century, designed to give the next generation of children the skills and confidence to ride their bikes on today's roads. To get their Bikeability award, children will be instructed on how to ride their bikes to the Government-approved National Standard for Cycle Training. More information for parents and participants, including additional resources, advice and offers is available on the Bikeability Participants Hub at:

<https://bikeability.org.uk/participants-hub/>

Both Level 1 and 2 Bikeability are incorporated in a Level 2 course:

1. Level 1 is usually covered in a traffic free environment. By completing Level 1, your child will be able to demonstrate the skills and understanding to be able to make a trip and undertake activities safely in a traffic free environment and as a pre-requisite to a road trip. This session takes place in the playground. Instructors need to be satisfied that your child is able to demonstrate good balance and control, good awareness and the ability to raise a hand safely from the handlebars to simulate a hand signal, before he/she will be allowed to progress to the road and exposed to traffic situations.
2. Level 2 training is undertaken on quiet local roads but with real traffic conditions. By completing Level 2 your child should gain the necessary knowledge and understanding as well as be able to demonstrate the skills needed to cycle on quiet local roads. Continuing practice and encouragement will further develop the child's confidence and cycling competency level.

Children will be encouraged and inspired to achieve the levels, recognising that there is always more to learn and to enjoy on a bike. We hope that your child will have the opportunity to participate in Level 3 in High School.

### **Checklist for training**

You and your child need to ensure that they are adequately prepared for their training. Firstly, your child must be able to ride their bike even if unsteadily - control and balance whilst pedalling without stabilisers. You must also ensure that your child's bike is roadworthy; the enclosed bicycle checklist will help you. The first step to safer cycling is to ensure that bikes are regularly checked and children doing their Level 1 Bikeability will be shown what to look out for and simple maintenance checks. Our instructors may refuse to take out any child whose cycle is not the correct size or is considered

un-roadworthy and any child who may be considered not yet ready to be exposed to traffic situations on the road. You should ensure:

- Saddle and handlebars are adjusted to the correct height
- Brakes are functioning
- Tyres are pumped up with no punctures

It is also important that your child is dressed appropriately for the training:

- It is a requirement that your child wears a properly fitted, undamaged and approved cycle helmet throughout the scheme.
- Think about the weather – if it's raining please ensure that your child has waterproof clothing with them. In high heat/UV please ensure they are protected.
- Ensure your child is wearing suitable shoes or trainers (not sandals).
- High-visibility vests will be provided for each child on the day.

Once your child has completed the level of their Bikeability, they will receive a badge, booklet and certificate.

Bikeability is about improving children's cycling skills, confidence and abilities and equipping them with the necessary skills and knowledge needed to ride a bike safely throughout the rest of their life. It's also about introducing them to cycling as an everyday activity – an alternative mode of transport, an enjoyable pastime, which brings a healthier lifestyle and ultimately lots of fun. Bikeability will give your child a life skill that once they've learnt, they will never forget.

If you require any further information please contact [Bikeability@worcestershire.gov.uk](mailto:Bikeability@worcestershire.gov.uk).

Yours sincerely,

Mrs Giles, Miss Gieron and Miss Keogh