

**Free**

# Bikeability Learn to Ride Course

## Parental Information



Cambridgeshire  
County Council



## Bikeability

Bikeability is the only approved cycle training programme supported by The Department for Transport. It is designed to enthuse participants about cycling whilst equipping them with the skills and confidence to ride more often. All the training is delivered by qualified, professional, DBS checked, National Standard instructors.



### Bikeability Learn to Ride Training



**Learn to Ride** training takes place in the playground and teaches riders how to control and master their bikes

During the course pupils will learn to:

- Prepare themselves and their bicycle for cycling.
- Get on and off your bike without help.
- Start off without help.
- Stop with control
- Ride along, without help.
- Make the bike go where they want

For more information on Bikeability, please visit [www.bikeability.org.uk](http://www.bikeability.org.uk)

## Course Information

**Number of Days:** 1

**Dates:** 14<sup>th</sup> January 2022

**Year Groups:** Years 3 and 4

**Times:** Throughout the school day

**Format:** 1 x 1-hour session

### What will your child need?

- A completed consent form (see overleaf)
- A roadworthy bike **without** stabilisers (see checklist)
- A helmet
- Suitable clothing for the weather conditions

### Further information for parents

- This course is **not suitable** for children who can already ride independently without help.
- Please encourage your child to practice cycling before the course
- We also offer private one to one training for children and adults as well as private family training. Please visit our website for more information:

[www.outspokentraining.co.uk](http://www.outspokentraining.co.uk)

### How to book

Bikeability Learn to Ride places are limited and places will be booked on a first come basis.

Please complete and return a consent form (see overleaf) to school as soon as possible.

# Learn to Ride Bike & Helmet Checklist

## Fitting

### SADDLE HEIGHT:

For Learn to Ride sessions, we need plenty of room for saddle height adjustment:

1. The saddle must be able to be lowered so riders have their feet flat on the floor whilst seated.
2. The saddle must be able to be heightened so riders can comfortably touch the floor with their toes whilst seated.

### REACH:

The rider should be able to comfortably reach and operate the brake levers on the handlebars.

### HANDLEBAR:

Check handlebars can't be twisted out of line with the wheels and are straight.

Bar ends must not be exposed.



## Checklist

- ☐ 1. **Mechanical Conditions:** Are all the parts tight and in good repair?
- ☐ 2. **Frame:** Check that the frame fits your child
- ☐ 3. **Tyres:** Are they fully inflated with plenty of tread and no bald patches?
- ☐ 4. **Wheels:** Check spokes are not broken or loose and that both wheels run freely and straight.
- ☐ 5. **Chain & Gears:** Is the chain oiled and not too loose or too tight? Check all gears can be changed easily. Fixed gear bikes are allowed.
- ☐ 6. **Brakes:** Does the bike have two working brakes which stop the cycle with the minimum amount of pull on the brake levers?

- ☐ 7. **Brake Levers:** Are the brake levers positioned so your child's fingers curve easily around them whilst the palm of their hand is on the grips?
- ☐ 8. **Saddle:** Is the saddle straight, roughly horizontal and the correct height for the rider?
- ☐ 9. **Seat Post:** Does the saddle height have plenty of room for adjustment (see saddle height advice above).
- ☐ 10. **Stabilisers Removed:** Have you removed your child's stabilisers?
- ☐ 11. **Helmet:** Have you checked for cracks, frayed straps and that it conforms to BS EN 1078:1997 or equivalent?

Please note BMX bikes can be used on this course provided they have two working brakes.

# Learn to Ride Consent Form

I understand that:

- I. It is my responsibility to use the 'Bike and Helmet Checklist' to ensure my child's bike is roadworthy and their helmet is fitted correctly. The instructors may refuse to train my child if they deem his/her bike and helmet to be unroadworthy (instructors cannot make adjustments due to social distancing measures). If in doubt as to whether a bike is roadworthy, I will seek the advice of a professional mechanic;
- II. Instructors may at any time refuse to continue to train my child if his/her behaviour or cycling ability is deemed unsuitable, (including breaking social distancing rules);
- III. Outspoken Training is not responsible for any injury or any loss or damage which is not caused by an instructor's negligence;
- IV. Outspoken Training are following current government guidance on Covid-19 and will constantly be updating and amending their policies and procedures to any changes made; and
- V. I will inform the school if anyone in our household is isolating or shielding due to Covid-19 before or during the training.

I agree for my child to wear a helmet which I will provide. I understand that Outspoken Training will not be held liable for the results of any injury which it is later established may have been caused by wearing a helmet. The instructor will advise on the fit of the helmet but will not necessarily be able to judge from its appearance if it is in good condition.

I recognise that having participated in off-road training does not necessarily mean that it is safe for my child to ride a bicycle independently. To become a proficient cyclist takes more practice than lessons of this kind can provide.

I agree that pupil data collected will be shared between your child's school, Outspoken Training and Cambridgeshire County Council. This will be used to support the delivery and monitoring of training courses. More information on how Outspoken Training processes data can be found in their 'Privacy Statement' on their website.

Photography and filming may also take place solely for the purpose of advertising for Outspoken Training.

Full Name of Child: \_\_\_\_\_

School: \_\_\_\_\_ School Year: \_\_\_\_\_

Ethnicity: \_\_\_\_\_

Are there any medical/ educational needs we need to be aware of?: \_\_\_\_\_

If you are happy for your child to be photographed and/or filmed, please tick here: ☐

I confirm that I have read all the information enclosed in the 'Parental Information Form' and consent to my child (or the above child for whom I take responsibility) to take cycling lessons and related activities, which may include cycle maintenance.

Signed: \_\_\_\_\_ (parent/guardian)

Date: \_\_\_\_\_