# Bikeability Level 1 & 2 Cycle Training Course

## Parental Information



Department for Transport

Outspoken! Training

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.



### *There are three Bikeability levels:*

**Level 1** takes place in an off-road environment and teaches riders how to control and master their bikes

**Level 2** gives participants on-road experience in residential traffic to help them prepare to make short journeys by bicycle

**Level 3** teaches individuals the skills to ride effectively on more complex roads and in further challenging traffic situations.

For more information on Bikeability, please visit www.bikeability.org.uk

# Course Information

**Number of Sessions:** 4
**Dates:** 8th – 11th November 2021

**Year Groups:** Year 6

**Times:** Throughout the school day

**Format:** Session 1: Level 1 & Sessions 2-4: Level 2

**Cost:** Free

### *What will your child need?*

- A complete consent form (see overleaf)
- A roadworthy bike **without** stabilisers (see checklist) – **we are unable to provide bicycles.**
- A helmet
- Suitable clothing for the weather conditions

### *Further information for parents*

- This course is **not suitable for non-riders**
- Pupils must achieve all Level 1 playground outcomes including controlling the bike with one hand and looking all around including behind before being allowed out for Level 2 on-road training.
- Please encourage your child to practice in between each session
- We also offer one to one training for children and adults. Please visit our website for more information (www.outspokentraining.co.uk).

### *How to book*

Bikeability 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.

# Bike & Helmet Checklist – Compulsory Helmets

## *Checklist*

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

**SADDLE HEIGHT:**
Riders should also be able to touch the floor comfortably with their toes whilst sat on the saddle.

**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.
- ☐ **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** Is the saddle the correct height for the rider with the seat post tight and not over the maximum limit?
- ☐ **10. Helmet** Have you checked for cracks, frayed straps and that it conforms to BS EN 1078:1997 or equivalent?

Please note BMX bikes <u>can</u> be used on this course if the bicycle has two working brakes.

# Level 1 & 2 Course 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 Outspoken Training will not be held liable for any injury which may be 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 participating in cycle training does not mean it is safe for my child to ride independently. To become a proficient cyclist takes more practice and experience outside of lessons.

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 and marketing 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 I have read all the information enclosed in the 'Parental Information' and consent to my child (or the above child for whom I take responsibility) to take cycling training lessons, which may include cycle maintenance as well as riding on the public highway.

Signed:_____ (parent/guardian)

Date: _____