

BIKEABILITY TRAINING IN SCHOOLS

Dear Parents/Carers,

Great news! Walsall Council will be coming to Elmwood School to do level 1 and 2 Bikeability training with your children in year 8.

- The Bikeability Level 1 course helps children get more skilled and confident in riding their bikes in the playground and get them ready for cycling on the road. Riders **MUST** already be able to ride a bike - pedal and freewheel - to participate in this level.
- The Bikeability Level 2 course aims to improve riders' skills and confidence for cycling on smaller roads and simple junctions without too much traffic. It prepares riders for cycling on larger and busier roads and more complicated junctions. All the riders will have to show the instructors they can do everything at Bikeability Level 1 before they can go on the roads.

Each child will require suitable clothing for riding a bike outside (e.g. jogging bottoms, a waterproof coat if it's going to rain, gloves if it is cold) and secure flat shoes/trainers.

Bikeability is government-recognised, practical and professional training. Cyclists are more skilled and more confident once they have taken part. Pupils enjoy developing their cycle skills and safe cycling knowledge through the training and it also provides important life skills as they grow and develop. The training will be delivered by DBS checked qualified Bikeability instructors.

Covid-19: The Road Safety Tutors delivering the course will do so with the updated Bikeability delivery guides that all registered Bikeability providers and instructors must follow this is in line with current government guidance for schools on implementing Covid-19 protective measures.

If you want to find out more about Bikeability please visit www.bikeability.org.uk

Our training is delivered over two full school days and will take place on the following day(s):

Day One: 24th March 2021

Day Two: 25th March 2021

Day Three: 26th March 2021

Please complete and sign the attached consent form and return to school no later than Friday 19th March 2021.

Child Name:

Would **not like** to take part on the Bikeability course on: _____
(Please delete as appropriate and insert date)

Signed _____ Date _____

Parent / Carers name: - _____



BIKEABILITY PARENTAL CONSENT FORM

Covid-19: The Road Safety Tutors delivering the course will do so following the updated Bikeability delivery guides that all registered Bikeability providers and instructors must follow in line with current government guidance for schools on implementing Covid-19 protective measures.

Children must not participate in Bikeability Training if they or anyone in the household are displaying covid-19 symptoms.

If your child is clinically venerable, you may want to consider them taking part at a more appropriate time. For the latest information please visit

<https://www.gov.uk/coronavirus>

Name of Child:	
School Year:	
Are there any medical/educational needs we need to be aware of, including allergy to hand sanitiser?	
Do you consider your child to have a disability? If yes, what is the nature of the disability? Is there anything your child needs additional help with? <i>The Equality Act 2010 defines a disabled person as anyone with a physical or mental impairment that has substantial and long term effect upon him/her ability to carry out day to day activities.</i>	

GET READY!

Before the course it is really important to have a few things sorted including:
(Visit bikeability.org.uk/bikeability-training/get-ready/ for more information)

The bike - make sure you check that your child's bike is in good working order, with the tyres inflated, front and rear reflector's, and the moving parts working well (including both breaks). You may need to take it to a bike shop before-hand if you are unsure.

The helmet – the helmet should sit on top of your child's head comfortably, (not too tight or too loose), with the peak sitting about two fingers width from their eyebrows. The side adjusters should sit just below their ears forming a nice V on the side of their head, and the chin strap should allow for two fingers to fit between it and the chin.

The clothing – the school will decide whether you child must wear their own clothes or school uniform. However, you must be prepared for the weather on the day of the course. On cold or wet days, make sure that they have their coat and gloves, and an extra layer or two. With a change of clothes available, just in case. On warm sunny days make sure they have put on a good amount of sun cream at the start of the day and have a water bottle that they can refill throughout the day, with a suitable drawstring type bag to carry the bottle in.

The school is responsible for ensuring that it has the appropriate consent for children to take part. The only personal information provided to, and retained by Walsall Council is the name of the child in order for certification to be provided. Walsall Council only processes personal data in accordance with the General Data Protection Regulations and the Data Protection Act 2018. For more information on this and your rights under this legislation please see our privacy notice at https://go.walsall.gov.uk/privacy_statement. For more details on what information is collected and processed by your child's school, please contact them directly.

I confirm that I have read all the information enclosed 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 as well as riding on the public highway. I understand that this information is retained by my child's school and used to ensure my child is eligible to undertake Bikeability training.

Signed (parent/guardian) :	
Date:	



BIKEABILITY

The course consists of off-road, on-road and theory work which are continually assessed.



Level 1: This part of the course is usually delivered the first 2 hours of the combined level 1 and 2 course. The bicycle is checked for serious faults, and a bike check form sent home if necessary. Your child will also be taught how to carry out simple bike checks for themselves

Skills covered include stability, basic cycle control, starting and stopping, correct use of gears where applicable, looking around and signalling. Cyclists must achieve all of the level one outcomes before being allowed to proceed to the on-road part of the course.



Level 2: The level 2 element of the course will be taught over the remaining 8 hours of the combined level 1 and 2 course. High visibility jackets will be supplied and must be worn whenever the cyclists are out near the road.

Children whose bicycles have serious faults, e.g. Only one working brake, will not be allowed to take part until the fault is rectified.

