



Bikeability Cycle Training.

Dear Parent/Carer

Our school is to receive **Free** Bikeability Level 1 & 2 Cycle Training which takes place:

- Monday 19th and Tuesday 20th October 2020

What is Bikeability? Bikeability is the national cycle training programme supported and funded by the Department for Transport. The skills your child will learn will help boost confidence and independent thinking thus helping them to be a safer road user. Learning the rules of the road when young is a real boost to confidence and a very positive experience of true travel independence. So, whether your child cycles regularly or not, the course will prove beneficial. Shropshire's Bikeability Scheme is delivered by LearnCycling, a national training company who employ qualified, professional, DBS checked National Standard Instructors. Visit www.bikeability.org.uk for more information.

Course Requirements Checklist, Pupils will need to bring:

- **A roadworthy bike;** Bikes that are ridden on the road need to have **two working brakes by law**. Please make sure both brakes work and can be used effectively. Tyres need to be inflated. Please also ensure that your child's bike is the correct height for them. When sitting on the saddle, they should be able to touch the floor with their toes or the front part of their foot.
- **A cycle helmet that fits securely.**
- **You must also be prepared for the weather.** On cold or wet days, make sure that you have your coat and gloves, and an extra layer or two.

***Covid-19* - Social distancing will be observed throughout the training. Please see our website for full Covid-19 Risk Assessment and delivery guide addendum.**

This course develops the cycling skills and confidence of children who can already cycle. Please contact us via admin@learncycling.com for group and individual learn to ride courses.

PARENT/CARER CONSENT FORM - Please complete and return this to school.

Childs Name:.....

I,being the parent/carer of the above named child hereby give consent for my child to participate in the forthcoming *Bikeability* Cycle Training Course.

I understand that the training involves a short cycle skills session on the school playground and the remainder of the training takes place on public roads under supervision of the National Standard instructors.

Signed:..... Date:.....

Please list any medical or other conditions (including any shielding family members), which may be of relevance:
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Please complete and return to school as soon as possible to ensure a place on this course.



www.bikeability.org.uk