



Bikeability Cycle Training

Bikeability cycle training is offered free to all primary schools in Hampshire. The training follows the National Standard and helps give children the skills and experience they need to cycle safely and confidently. Children enjoy cycling and, of course, it brings many **Health Benefits** such as being good for your **Heart**, your **Muscles**, your **Immune System** and your **Waistline**. Cycling is also good for your **Coordination** and **Mental Health** and can help you **live longer!** This training is being delivered by Pedal Power Training Ltd.

The course - how it works and the three levels

The training will take place in your school during the week beginning; **Monday 19th October 2020**

Sessions will run during school hours. Your child will be informed of their session times before their course starts. On day 1 an instructor will work with a group of children on the playground. Children are taught to do bike, helmet and clothing checks. This is followed by a range of fun exercises to check and develop their bike control skills. These skills are the Level 1 skills as laid out in the National Standards.

Children must pass Level 1 in order to start the Level 2 training that takes place on local roads. Riders must be able to demonstrate that they are safe enough to progress to on-road training; not all riders will reach this level. If the instructor feels a child is not quite ready to progress, the child will be given advice on where they need improve in order to start the level 2 next time training is delivered in school. During the Level 2 training our goal is to teach riders how to navigate junctions, making independent decisions along the way.

Level 3 training is offered through secondary schools and covers more complex roads and junctions; helping your child to make more independent journeys on busier roads. For more information on Bikeability and the three different levels go to www.dft.gov.uk/bikeability.

How to book and what to bring

Due to current restrictions, any rider wishing to take part in the Bikeability program, must be able to fit and adjust a helmet without assistance.

Our instructors will be following strict guidelines to ensure rider safety in line with current government guidance.

All cycle training will be delivered in line with current Covid-19 government guidance for schools.

Riders and instructors will be 2m apart at all times, unless the need for First Aid is required.

If your child has their own Hi-Viz tabard, please can they bring this with them. Whilst helmets and bikes may be provided, these are strictly for use by one rider so please ensure you complete the form correctly.

There are a limited number of places available, so please complete and return the attached form to the school office by **Monday 5th October** at the latest. If you would like your child to take up cycle training but need to arrange for use of a bike and/or helmet, it may be possible to borrow these from Pedal Power Training, or you could arrange for your child to share with a friend – please inform the school. The minimum seat height of Pedal Power bikes is 750mm.

Your child will need the following for all their course sessions:

- **A bike which is roadworthy and the correct size for them** - a bike check will be carried out on the day 1 and any bike which is not roadworthy will have to be fixed for your child to continue on the course (or a loan bike can be used). **A roadworthy bike must have the following as a minimum – 2 fully inflated tyres, with good tread, 2 working brakes, secure handle bars, with correctly fitting secure grips.**
- **A cycle helmet** - this needs to be the right size and a good fit
- **Warm clothing** including **gloves** (sessions are between 1 and 2 hours and are outside).
- **Some wet weather clothing** e.g. a minimum of a shower or waterproof jacket, preferably some over-trousers too. The training will continue in light to moderate rain but will be suspended if there is a heavy downpour.

We do hope you will register your child for this training, and we look forward to seeing them on their course.

Yours sincerely,

Headteacher

PARENTAL CONSENT FORM
for On Road Level 2 Bikeability Training

Parent/Guardian's Name (please print)

Child's/Children's Names (please print)

Class _____ **Year Group** _____

- I would like to register the above child/children and confirm that they will have a roadworthy bike and a helmet.
- I would like to register the above child/children and borrow a Bike and Helmet
- I would like to register the above child/children and borrow a Bike, we have a Helmet
- I would like to register the above child/children and borrow a Helmet, we have a roadworthy Bike

PLEASE TICK ONE OF THE ABOVE BOXES

By completing and returning this consent form, you accept responsibility for the risk of transmission of Covid-19 to your child. You must inform us if your child is clinically vulnerable and/or is living with vulnerable adults that are at higher risk of severe illness from Covid-19. Please list any relevant medical conditions below.

Please indicate your child's ability on a bike:

Non-Rider

Can ride with help

Competent rider

If you are declining the offer of cycle training, can you tell us why? Your feedback will help us improve the services and opportunities that we offer.

Any Relevant Medical Conditions or SEND information:

Signature: _____

Date: _____

Contact telephone number: _____

Please return this form to: School Office

School Office by Monday 5th October 2020 at the latest.

GDPR (GENERAL DATA PROTECTION REGULATION)

By completing this consent form, you are authorising Pedal Power Training Ltd (PPT) to note on registers and certificates used, your child's full name, as well as any relevant medical conditions, disclosed on this form.

As a processor of this information, PPT will only store a hard copy of the Bikeability register for this course, for a maximum of 1 year. At the end of 1 year this register will be destroyed.

PPT will not give any data on this consent form to any 3rd party and will ensure that any data does not leave the EU.