



Level 2 Bikeability Cycle Training

(Delivered on behalf of Essex County Council)

You may remember 'Cycling Proficiency' scheme which many of us participated in as children. The modern replacement is called Bikeability, the main difference between this and the old scheme is the instructors are all trained to the National Standards and will ride with the children on local roads. The course is designed to give the children the chance to achieve a Level 2 certificate.

The course starts in a playground or similar off-road environment and will progress to local roads. If your child doesn't reach the requirements in the Level 1 section of the course (the ability to ride in a straight line whilst looking behind or riding with one hand) they will not progress to Level 2 the road training part of the course. The course aims to develop the children's confidence to cope with cycling in traffic with the minimum risk. It will only give your child a basic level of cycling competence on which they will need to build and should not be regarded as a guarantee of their safety.

Children who are offered a place on the course are expected to attend every lesson.

It is essential that the children wear a cycle helmet (not full face), the bicycle is a suitable size, and in a roadworthy condition with two working brakes. A cycle inspection takes place during the first lesson, children with un-roadworthy cycles will not be able to continue.

Each child will be continually assessed and will either achieve a Level 1 or Level 2 certificate depending on whether they are able to apply the outcomes being taught independently thus reaching the required standard.

Please complete the form below and return to the school office by **Friday 28th September**, the school will let you know the dates in due course.

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I would like to put my child's name forward for cycle training.

Name of Child

Safer Essex Roads Partnership will only use your information to administer Bikeability. Your information will be shared with the course instructors for the duration of the course and no other third parties. Personal information will be retained whilst the service is available to you.