

BIKEABILITY INTEREST REQUEST

WHAT IS BIKEABILITY? Bikeability is the national cycle training programme supported and funded by the Department for Transport. Bikeability can not only help make children better cyclists - potentially for the rest of their lives – it can also help with general confidence and independent thinking. All of our Bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors. Visit www.bikeability.org.uk for more information.



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



FURTHER INFORMATION FOR PARENTS. 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) we will not be able to take them out on the road. 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.

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.

To benefit from Bikeability, your child must attend every session and practice what they have learnt after the course has finished. Bikeability skills and confidence will be lost without regular cycling. Bikeability encourages enthusiasm while building skills to cycle more safely, more often. Please support and encourage your child to continue cycling after training.

Bikeability places are limited and places will be booked on a first come basis. Please complete the form below and return to the post box outside the school by **Friday 25th October 2019**, the school will let you know the date in due course.

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Level 2 Bikeability Cycle Training

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

Name of Child

I confirm that I have read the information contained on this sheet and consent to my child (or the above child for whom I take responsibility) to take cycling lessons and related activities, which includes riding on the public highway. The 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 for the duration of eligibility for Bikeability services. For more information regarding your rights and our commitments visit <https://www.essex.gov.uk/privacy-environment-and-transport>



www.bikeability.org.uk
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