



30 March 2022

## Opportunity for your child to participate in Bikeability Cycle Training

Dear Parent/Carer

Lobley Hill Primary School has scheduled Bikeability training for our Y5 children and I am writing to invite you to register your child to participate in the lessons.

The training has been scheduled to take place during regular school hours during the week commencing **Monday 25 April 2022**. The sessions will take place over 3 days from Monday to Wednesday.

### What is Bikeability

Bikeability is the only UK government-recognised cycle training scheme, funded by the Department for Transport and is designed to teach pupils the skills and confidence to cycle safely.

#### BIKEABILITY LEVEL 1

Bikeability Level 1 aims to develop cycle handling in an off-road environment and prepare riders for cycling on the road. Riders must be able to cycle (i.e. pedal and glide) to participate in Bikeability Level 1.

#### BIKEABILITY LEVEL 2

Bikeability Level 2 will develop riders' skills and confidence for cycling on single-lane roads and simple junctions with mostly moderate motor traffic flows, preparing riders to deal with short journeys such as cycling to school or the local shops.

#### BIKEABILITY LEVEL 3

Bikeability Level 3 equips riders with the skill and confidence to ride in more challenging roads and traffic situations – busier streets, queuing traffic, complex junctions and roundabouts. It also includes planning routes for safe cycling.

#### BIKEABILITY PLUS

Bikeability Plus is a series of free-standing modules designed to ensure that children and families are given the opportunities, skills, support and guidance that they need to make cycling part of their everyday life.

Anyone from 4 to 94! Bikeability Balance sessions are already very popular but there are many others. For instance, Bikeability Learn to Ride is for all ages and includes Bikeability sessions for parents and school staff. Bikeability Fix is great for adults and the wider school community to get hands-on repairing cycles, and Bikeability Recycle takes this a step further by repairing cycles donated by the school community and passing them on to families who can't afford one. Bikeability Family is a training package to help people living in the same household to cycle together and Bikeability Adult is for adults who can already ride, to help them plan and enjoy cycling journeys with skill and confidence.

## The Cycle Partnership

The Cycle Partnership is appointed by your Local Authority, having successfully demonstrated the ability as an Approved Registered Bikeability Scheme Provider (appointed by the Department for Transport) to work with schools to deliver Bikeability cycle training.

The Cycle Partnership, a regional company, has delivered Bikeability cycle training to children for many years, supplying professional National Standard Instructors to deliver school cycle training programs to several thousand school children each year. All instructors are enhanced DBS checked and first aiders.

## What will my child need to participate?

To participate in Bikeability training, your child will need to bring a bicycle which is roadworthy and is the correct size, a cycle helmet and weather appropriate clothing and footwear for outdoor training. Please see the attached **Bike, Helmet & Clothing Check Form** to help ensure that you are able to meet all of these requirements and to guide you through checking the suitability of your child's bike.

## How much will it cost to participate in Bikeability?

Bikeability is a government funded initiative which your Local Authority has received a grant to deliver Bikeability to as many children as possible. Unless otherwise stated in a separate letter from your Local Authority or school, Bikeability is completely free of charge and as a parent/guardian, you will not be required to pay for your child's participation in Bikeability.

## How do I book a place for my child?

There are a limited number of places available, so please complete the **Bikeability Consent Form** by **Wednesday 6 April** at the latest. Attendees will be accepted on a 'first come, first served' basis and you will be notified if your child has not been allocated a training place. There will be 24 places allocated. **The Cycle Partnership will not undertake training for your child if there is no evidence of consent.**

**Link to Bikeability Consent Form**

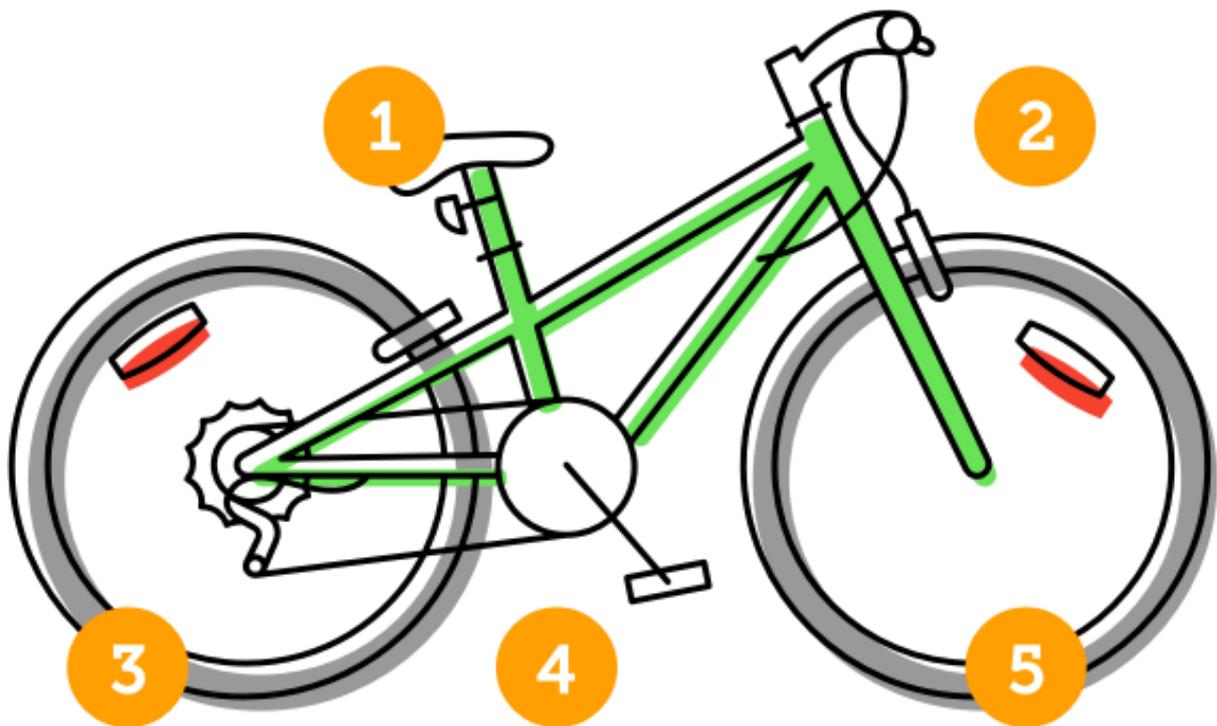
**<https://tinyurl.com/mp22ywf2>**

Yours sincerely

*Johanna James*

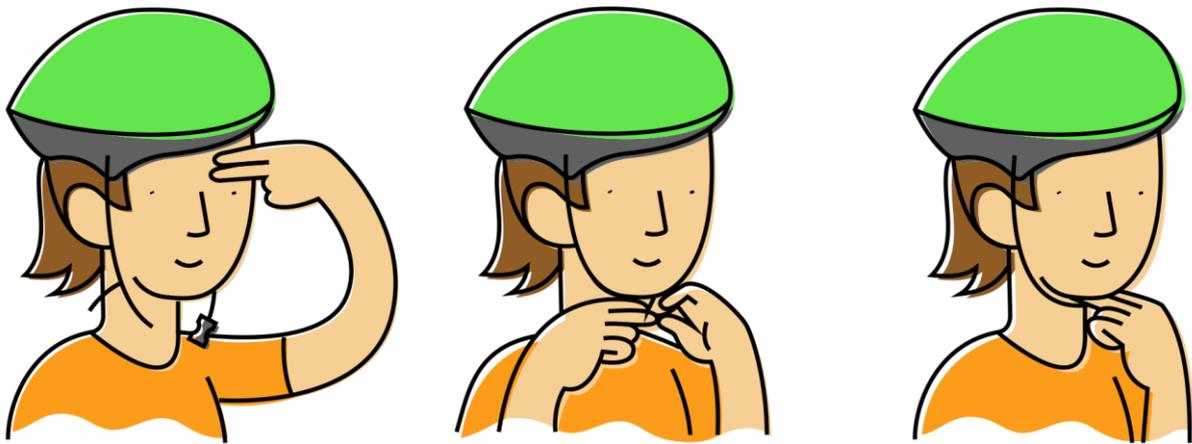
Johanna James  
Headteacher

Please check your child's bike before they start their cycle training: -



1. Make sure the saddle, handlebars and wheels are fixed tight
2. Ensure both the front and rear brakes work properly (a bike without brakes or with only one brake is considered unroadworthy and cannot be taken out on minor roads for the purpose of Bikeability training)
3. Run through all of the gears to ensure they are working
4. Clean and oil the chain - if the chain is rusty consider replacing it or taking the bike to a bike shop for advice
5. Check the tyres are pumped up and there are no punctures
6. The attendee must be able to sit on the saddle and touch the ground with the balls of both feet

A requirement of Bikeability training is that all attendees must wear a helmet<sup>1</sup> and know how to fit and adjust their own helmet (this will be demonstrated by the Instructors at the beginning of lesson 1). To ensure that your child's helmet is appropriate (in size and type), please follow the notes below: -



1. The helmet should sit on top of the attendee's head comfortably, (not too tight or too loose), with the peak sitting about two fingers width from the eyebrows
2. The side adjusters should sit just below the attendee's ears forming a V on the side of the head
3. The chin strap should allow for two fingers to fit between it and the chin (and no more otherwise the helmet is too loose).
4. Road Cycling helmets, Skateboarding and Scooter Helmets are acceptable (conforming to the EN 1078 safety standard, look inside of the helmet for the "CE CONFORMS TO EN 1078" sticker)
5. FULL FACE, Motor Bike Helmets, or helmets without proof of EN 1078 conformance are not acceptable

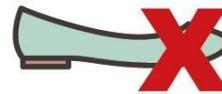
---

<sup>1</sup> The exception is on Religious or on Cultural grounds. This must be explicitly stated when returning the attendees consent form.

Your child should wear whatever they would normally wear to school, but they must be prepared for the weather: -

### CLOTHING

- ✓ Trainers
- ✓ Lace ups/velcro
- ✓ Trousers/leggings/shorts
- ✗ Slip on shoes/ballet pumps



### SUMMER CONDITIONS

- ✓ Hip length waterproof jacket
- ✓ Sunscreen



### WINTER CONDITIONS

- ✓ Gloves
- ✓ Hip length waterproof coat



✗ Mittens

✗ Scarf



On cold or wet days, make sure that the attendee has a coat and gloves, and an extra layer or two. With a change of clothes available, just in case, perhaps their PE clothing

On warm sunny days make sure the attendees have put on a good amount of sun cream at the start of the day and keep drinking water throughout the day

Top tip – as they will be using a bit more energy than normal provide an extra snack, also making sure they have had a good breakfast before school