



Opportunity for your child to participate in Bikeability cycle training

Dear Parent/Guardian

Lobley Hill Primary School has scheduled Bikeability cycle training for our Children and I am writing to invite you to register your child to participate in Bikeability cycle training.

Bikeability cycle training has been scheduled to take place during regular school hours on Tuesday 29 March 2022.

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 BALANCE PLUS

Bikeability Balance Plus is designed to be delivered to your reception and year 1 pupils, the sessions are designed to encourage these new riders to be able to Balance and Glide on a Balance bike.

To enable them to work on their core strength and cognitive skills, and hand to eye coordination.

(The Cycle Partnership will provide bikes and helmets for these sessions, Unless Government Covid guidelines state otherwise)

BIKEABILITY LEARN TO RIDE

Bikeability Learn to Ride is designed to be delivered to years 2 & 3 on their own bikes, the sessions are designed to enable the new riders to work on their riding skills and become more confident while riding their bike.

- **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 can 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 and return the **Bikeability Consent Form** by **Wednesday 23 March** 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. **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/ycy277fx>

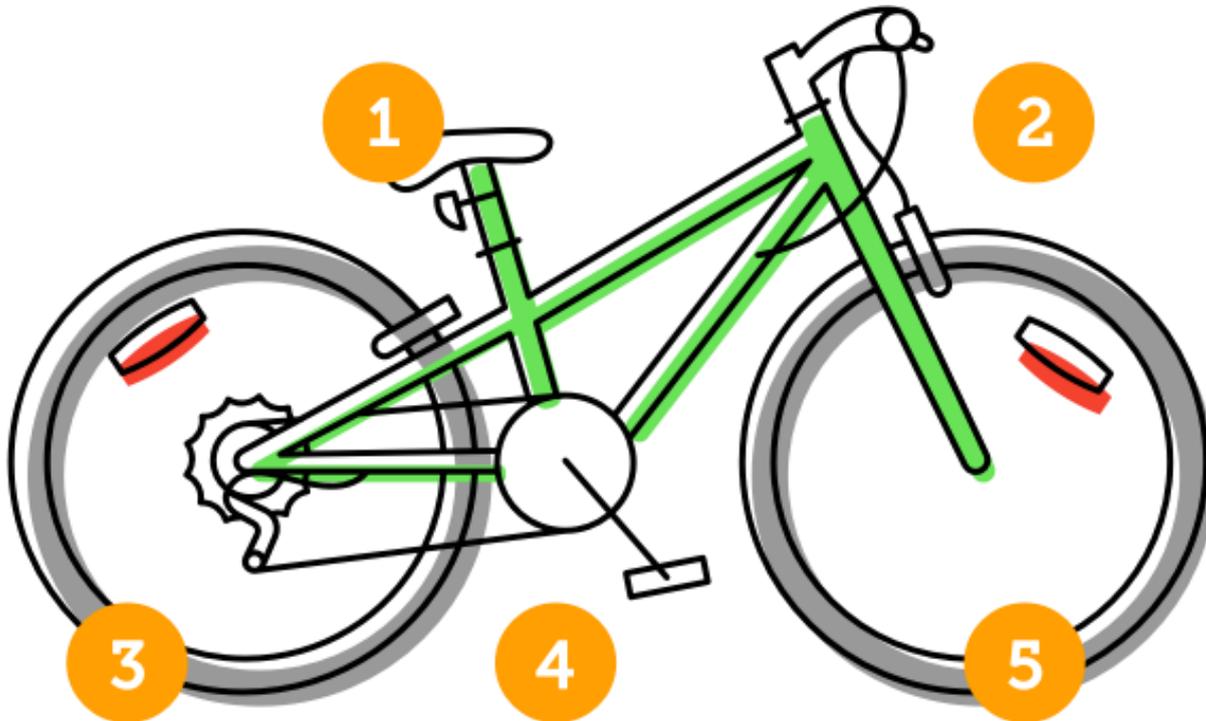
Yours faithfully

Johanna James

Johanna James
Headteacher



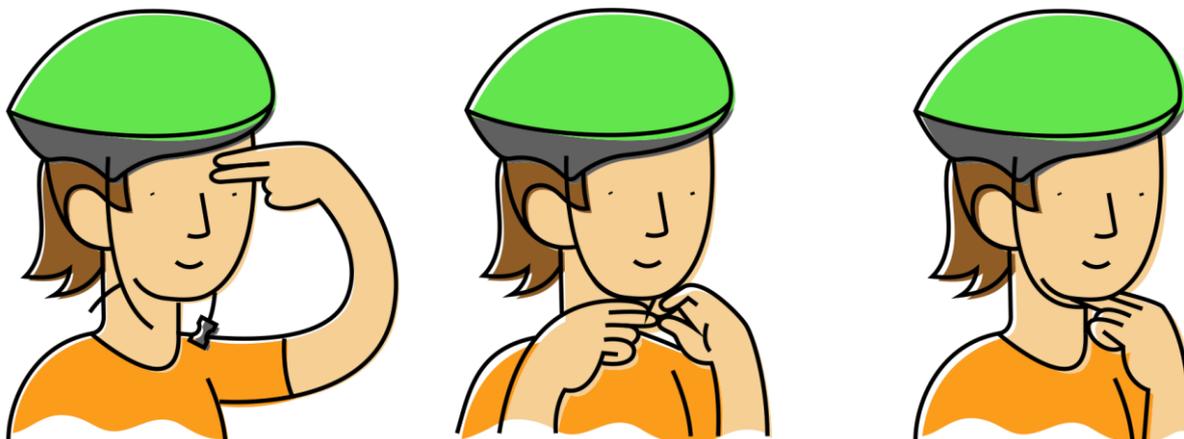
Please check your child's bike before they start their cycle training: -



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 helmet¹ 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**

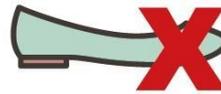
With notice The Cycle Partnership can provide bikes and helmets please book through the school.

¹ 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 provides an extra snack, also making sure they have had a good breakfast before school

The Cycle partnership

Bikeability Plus — Learn to Ride

Bikeability Plus is a series of 10 modules designed for Bikeability schemes to use to ensure that children are given the opportunities, skills, support, and guidance that they need to make cycling part of their everyday life. The modules - which have been developed in consultation with the industry - are intended to complement and support Bikeability training (Levels 1, 2 and 3) which is aimed at improving the cycling skills and confidence of trainees who can already ride.

Bikeability Learn to Ride sessions are for children who are unable to cycle or those struggling to master the skill. Sessions are taught in small groups in a pressure-free environment. (off road)
We will work on the skills set out below to enable the new riders to be more confident on a bike.

- Clothing and helmet check
- identify the parts on a bike
- Get on and off a bike on the correct side
- Sit on a bike on their toes and knees slightly bent
- Come to a controlled stop using only their brakes
 - Start a pedal bike using the pedal
 - Observe in the direction of travel
- Change direction with other riders sharing the space
 - Play control skill games on a pedal bike
- Share space and communicate with other people