



Dear Parent,

Over the coming term your child will be taking part in Bikeability cycle training. Bikeability is split into three levels, of which your child will undertake the first two. Fully trained, DBS checked, instructors will constantly supervise your child.

- Level 1 is off-road training that will take place in a traffic-free environment, such as a school playground.
- Level 2 training will take place on roads local to your child's school.

Your child must pass all the outcomes at Level 1 before progressing to Level 2 training.

The training is designed to be fun and your child should enjoy the course. To ensure the success of the training and to maximise the amount of riding time we ask that your child:

- Uses a bike that is roadworthy. Although our instructors *may* be able to rectify small faults they will not attempt anything that will take too much time or anything that may damage the bike. Your child's bike should:
 - **Not be too big or too small.** Your child should be able to stand on tip-toes whilst in the saddle.
 - **Have working front AND rear brakes.** Brakes should work quickly when engaged and should not lock in position. *Note:* Fixed-wheel bikes with no independent braking are *not* road legal in the UK and cannot be used for Bikeability.
 - **Have road worthy tyres.** Tyres should not be bald in any area or have splits, bulges or cuts in the side walls.
 - If equipped with gears those gears should change smoothly and not skip or catch when changing. Chains should not be rusty.
 - Not have stabilisers or any other balance aid (unless by prior agreement with Lincolnshire County Council Bikeability).
 - If you are in any doubt about the road worthiness of your child's bike you should arrange for the bike to be inspected by a qualified cycle mechanic. Most local bike shops can provide this service for you at a reasonable price.
 - **If a bike is not roadworthy your child may be offered a replacement provided by a local school (should this be available). If there is no other option and a replacement cannot be found for your child they will not be able to participate and will have to return to class.**
- Has a functioning cycle helmet. Lincolnshire County Council operates Bikeability as a 'helmeted' scheme. This means that all participants must wear a helmet when training. Your child's helmet should:

- Meet BSEN1078 standards
- Fit correctly and snugly on the child's head without causing discomfort or restricting breathing.
- Have no cracks or dents, once a helmet has taken a substantial knock it is no longer effective and should be thrown away.
- Dresses appropriately. Training will take place in all but the most extreme weathers so please ensure your child is dressed to deal with cold conditions in the winter (coats, hats, gloves, rain coats) and warmer conditions in the summer (sun-cream, caps, shorts). If your child is dressed inappropriately and is clearly uncomfortable they will be returned to class and will not be able to continue. Shoes should ideally be trainers but should certainly have a clasp/laces that ensures the shoe remains on your child's foot. **Pumps and loose fitting slip-on shoes are not appropriate.**

Bikeability is designed to teach your child the skills needed to be a confident and effective road user whilst on their bike, it is **not suitable for children who cannot ride a bike**. Our instructors may be able to teach some basic 'learn to ride' skills but if your child is unable to ride unaided (or only with stabilisers) they should not participate in Bikeability training.

You can help your child prepare for the course by spending some time practicing:

- Starting and stopping safely
- Riding in a straight line
- Using gears
- Observation skills, including looking behind them whilst riding forward
- Signalling, including removing a hand from the handlebars whilst pedalling

These basic skills will really help your child with Bikeability and maximise the chances of achieving all outcomes.

At the end of the course your child will receive either a Level 1 certificate, a Level 1 certificate and badge, a Level 2 certificate and Level 1 badge, or a Level 2 certificate and badge depending on their achievement.

Your child will have learnt a lot following their completion of Bikeability regardless of the outcomes they achieve. They will be able to tell you about; road positioning, observation skills, how to pass parked vehicles, and how to make turns. Please encourage them to continue to practice; Bikeability is only the beginning of their cycling journey.

You can find out more about Bikeability and the training by visiting the Bikeability website; www.bikeability.org.uk

Philip Watt
Cycling Officer
Lincolnshire County Council



Parental Consent Form.

I consent for my child [Insert Name]
to take part in Bikeability training. I understand that training will take place on the road. I
have read the above letter and understand that my child may not be able to participate if
they have un-roadworthy equipment.

Signed..... [Name of Parent/Guardian]

Date.....