

Iqra Primary School

Opportunity for your child to participate in Bikeability cycle training

Dear Parent/Guardian

Iqra has scheduled Bikeability Level 2 cycle training for the year 6 children and I am writing to invite you to register your child to participate in Bikeability cycle training.

Bikeability Level 2 cycle training has been scheduled to take place during regular school hours during the week commencing **October 14th 2019**.

What is Bikeability Level 2?

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.

The Bikeability Level 2 course is designed for children in years 5 & 6, comprising 2-hours Level 1 training in a traffic-free environment, followed by Level 2 sessions delivered over consecutive days. The course typically runs for a total of 8 hours and is designed to give your child the skills and confidence needed to ride on local roads, of the type that are often found around schools. In groups of up to twelve children, supervised by two qualified National Standard Instructors, your child will be taught how to safely deal with traffic on short journeys, such as the trip to school or the local park.

Cycle Experience Limited, your approved Bikeability Provider

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

Cycle Experience has delivered Bikeability cycle training to children for many years, supplying professional National Standard Instructors to deliver school cycle training programmes to more than 21,000 school children each year.

What will my child need to participate in Bikeability cycle training?

The Bike and helmet will be provided, please bring along appropriate clothing and footwear for outdoors 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.

As your child will be attending a Bikeability Level 2 course, there will be the expectation that they are already able to ride their bike to Level 1 standard, are able to balance on their bike without support, look behind without wobbling and confidently hold a signal for at least 3 seconds. In order to cover





several Health & Safety elements, as well as to assess each child's current cycling ability, each child will receive a two-hour Bikeability Level 1 refresher on the school playground before progressing onto local, fully risk assessed minor roads.

A bike will be provided for your child to participate in Bikeability Level 2 training. Your child does not need to bring a bike to school for the cycle training session.

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 Bikeability places available, so please complete and return the attached **Bikeability Consent Form** to Mr Wilson as soon as you can. Pupils 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.

Yours sincerely,

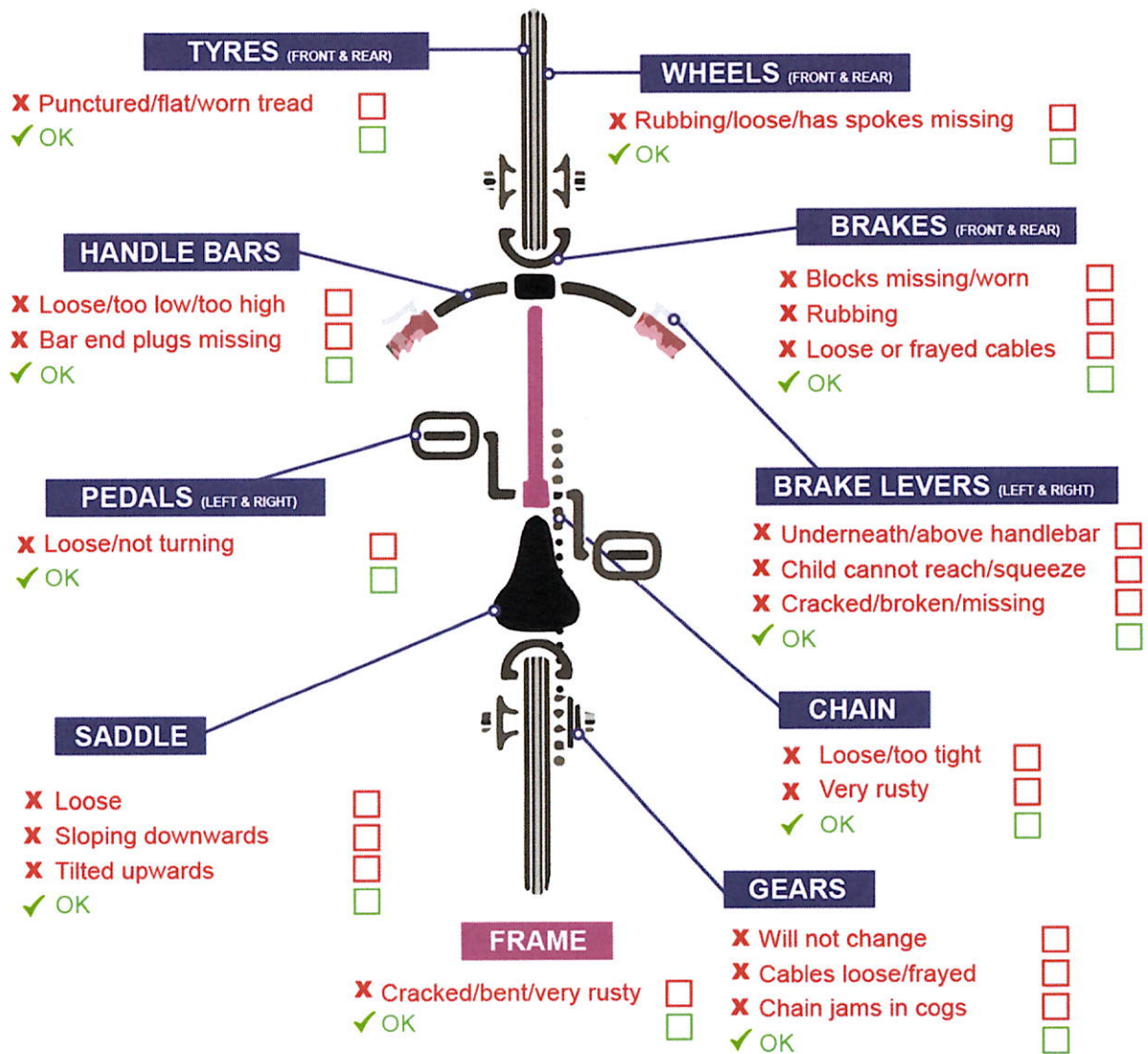
Mr Wilson

Head of P.E.



BIKE SAFETY CHECKLIST

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



BIKE SUITABLE

BIKE NEEDS REPAIRING BEFORE CYCLE TRAINING



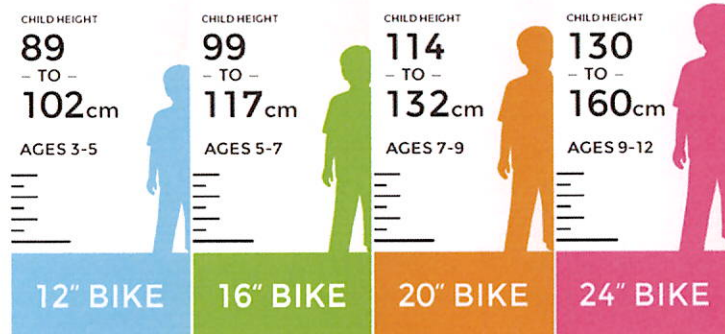
BIKE SIZE GUIDE

BIKE SIZE

Your child should be able to sit on the saddle and touch the ground with the balls of both feet.



CHILDREN'S BIKE SIZES



BMX BIKES - ADDITIONAL CHECKS



- Bike **must** have two working brakes.
- If present, front and rear stunt pegs **must** be removed.



WEARING OF BIKE HELMETS

ACCEPTABLE HELMETS



Look for the EN safety standard label inside the helmet

UNACCEPTABLE HELMET



Full face helmet
No EN safety standard label

Reasons to replace a helmet

- Does not fit correctly
- Visibly damaged
- Dropped (even if no visible damage)
- Straps are damaged or missing

FITTING A HELMET CORRECTLY



POSITION THE HELMET



ADJUST THE CHIN STRAP



ADJUST OTHER STRAPS



TEST THE FIT

RELIGIOUS/CULTURAL CONSIDERATIONS





PREPARED FOR WEATHER CONDITIONS

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





Bikeability Level 2 Consent Form

Full Name of Child (PLEASE PRINT)

Parent/Guardian Name (PLEASE PRINT)

Please tick the relevant consent boxes below:

I would like to register the above child to participate in Bikeability cycle training. I give consent to my child's name, gender and any relevant SEND and/or medical information to be recorded within Cycle Experience Limited's secure booking platform for the purpose of creating course registers, feedback reports and certificates.

I give consent for Cycle Experience Limited to know my child's Surname for the generation of course achievement certificates.

I confirm that my child has a roadworthy bike and cycle helmet, both of which are the correct size and will be presented for use in Bikeability delivery.

I consent to photographs of Bikeability training delivery being taken by any of the following agencies, which may include photographs of my child, for marketing and promotion purposes:

- Local Authority
School
Cycle Experience Limited

PLEASE NOTE: A child can be exempt from wearing a protective cycle helmet for religious/cultural reasons ONLY.

I wish for my child to be exempt from wearing a helmet on religious/cultural grounds. I fully understand that Cycle Experience Limited cannot accept liability for any injury sustained as a result of my child not wearing a protective cycle helmet during Bikeability participation.

If you are declining the offer of Bikeability cycle training, would you please tell us why? Your feedback will help us to improve the services that we offer:

Medical or other conditions/requirements which may be of relevance on enabling your child to participate in Bikeability cycle training:

Parent/Guardian Signature:

Date:

Contact Telephone Number:

School Name:

PLEASE RETURN COMPLETED FORM TO YOUR CHILD'S SCHOOL