

Dear Parents and Carers,

We have been given the opportunity to offer free Bikeability Training at Level 1 and 2 to children in year 6. The date for this will be **Mon 4th – Fri 8th March**. This safe, structured and standardised programme is designed to make your child a more competent cyclist and prepare them for cycling on the road.

In order to secure your child's place on this course, please make sure you read the information below and **sign up via the link that will be sent out at 5pm tomorrow** (Tues 12th Feb). Training will be carried out by Cycle Confident, the borough's cycle training provider, and will be delivered by 2 fully accredited National Standards cycling instructors with enhanced DBS checks.

The following information is provided by Cycle Confident and aims to answer any questions you may have.

Bikeability is the nationally recognised cycle training programme.

It's about acquiring the practical skills to cycle safely and with confidence on today's roads.

For children to participate in school Bikeability training, they must have basic riding skills. Free individual training may also be available in your area if your child is unable to ride confidently. Check the Cycle Confident website at www.cycleconfident.com for details.

There are three Bikeability levels, training for schools involves the first 2 levels.

Level 1 is designed to give your child control over his / her bike and takes place in groups in a space away from traffic such as a playground or closed car park.

Level 2 will ensure your child is prepared for short journeys such as cycling to school. Training takes place in small groups on quiet, local streets, giving trainees a real cycling experience.

What does my child need to take part in Bikeability?

Crucially, your child needs to be able to **commit to the full length of the course**. If they miss a session, they may not be able to re-join the course since their cohort will have moved on. In terms of equipment, your child will need a bike which is in a roadworthy condition, the right size for them, have pumped up tyres and two working brakes. Instructors will show children how to check their bikes at the start of the first session and will ensure that your child's bike is safe for training purposes. BMX bikes are permitted in most circumstances so long as the bike has working brakes, and has not been adapted to the extent that it is no longer suitable for use on the road. The instructors will have the final say on whether your child's bike is safe for them to complete the training on but allowances will be made wherever possible.

What should my child wear to take part in Bikeability?

Your child may wear non uniform, suitable for the season and weather (the children should come to school in uniform and change for their cycling sessions). Excessively loose clothes may be hazardous and should be avoided. On colder days, warm layers and gloves are recommended. High visibility tabards will be provided by Cycle Confident. All children must wear cycle helmets.

If you would like your child to take part please complete the online form as soon as possible.

Yours sincerely

Miss C Brennan, Travel Plan Co-ordinator