

## Bikeability Interest Request

Your child has the opportunity to take part in Bikeability training.

Bikeability is the Government's national cycle training programme based on the National Standard for Cycle Training. Cycling is a life skill with many benefits: it encourages independent mobility, is great for the environment, and improves physical and mental health. Bikeability builds the skills and confidence of people who can already ride and prepares them for a lifetime of cycling. Evidence shows Bikeability helps more people cycle, more safely, more often.

Bikeability is funded by the Department for Transport and Transport for London, and is delivered by trained, professional and DBS-checked Bikeability instructors.

Bikeability trains riders to make independent decisions and practice safe and responsible cycling.

Bikeability is offered at three levels:

**Level 1** develops mastery in cycle handling skills in a traffic-free environment

**Level 2** develops skills for cycling on single-lane roads with simple junctions and moderate traffic

**Level 3** develops skills for cycling on busy, complex roads and junctions.

Riders must demonstrate all National Standard assessment criteria independently before they progress to the next Bikeability level. All participants receive an official Bikeability certificate including a personal cycle skills profile.

**FURTHER INFORMATION FOR PARENTS.** The course starts in a playground or similar off-road environment and will progress to local roads. If your child doesn't reach the requirements in the Level 1 section of the course (the ability to ride in a straight line whilst looking behind or riding with one hand) we will not be able to take them out on the road. The course aims to develop the children's confidence to cope with cycling in traffic with the minimum risk. It will only give your child a basic level of cycling competence on which they will need to build and should not be regarded as a guarantee of their safety.

Each child will be continually assessed and will all receive a booklet, badge and certificate.

**For your child to participate in this course you will need to provide the following (the school cannot provide these items):**

- A **roadworthy** cycle (without stabilisers) with two working brakes
- A suitable helmet (not full face)
- **Suitable clothing** for the weather.

***Important bike, helmet and clothing guidance is available at [www.bikeability.org.uk/get-ready/](http://www.bikeability.org.uk/get-ready/)***

**Bikeability places are limited and places will be booked on a first come basis.** If you would like your child to take part, please **complete the form below and return it to school by this Friday, 14<sup>th</sup> February.**

The consent form with further information will be sent home the first week back after half term.

---

### Level 1 & 2 Bikeability Cycle Training

I would like to put my child's name forward for cycle training.

Name of Child ..... Class .....