



Bikeability is the 21<sup>st</sup> Century's cycle training for children. It is about gaining practical cycle skills and understanding how to cycle safely on today's roads. Bikeability gives people the skills and confidence for all kinds of cycling.

Our courses are run by Take Pride CIC under the registered scheme name Activriders. Bikeability is based on the government-approved National Standards for cycle training by our accredited Bikeability instructors.

Bikeability is much more than a cycle training programme. It provides your child a life skill with long-lasting benefits including a way of staying fit and healthy whilst being a sustainable way of travelling to places in the local area.

Bikeability supports the culture, ethos and environment of a healthy school and can support your child's learning in key areas such as Literacy, Maths, Science and Geography.

It's hard to believe that **only 2%** of the UK population are using a bicycle for their journeys to school or to work, against 64% using cars for their commutes!  
 Take Pride CIC / Activriders aim to increase young people's participation and enjoyment of physical activity and ensure they have the chance to experience and enjoy different sports to benefit their health, fitness and education.

Dear Parent and Carers,

We would like to offer your son/daughter the chance to book on one of the Bikeability courses that will take place at your school on the following date(s):

<b>Groundbreakers</b>	<b>Trailblazers</b>
<b>Monday 29<sup>th</sup> June and Tuesday 30<sup>th</sup> June</b>	<b>Thursday 2<sup>nd</sup> July and Friday 3<sup>rd</sup> July</b>

Government funding has enabled us to reduce the cost of this course to **£15** per child. This will be a two day course and included will be their accreditation award, appropriate to the Level achieved at the end of the course. **Please read the Essential Pre-Course Information carefully below when considering if your son/daughter is ready to learn to cycle on local roads.**

We have 24 spaces available on this course: 12 Groundbreakers and 12 Trailblazers. Places are limited and will be allocated on a first-come, first-served basis once both payment and online consent have been received. If you would like to book your child onto one of the Bikeability courses, please make payment and provide consent **online via ParentPay**. **Please do not use American Express payment cards due to the high charges incurred.**

**By providing consent and making payment, you confirm that your child's bike is roadworthy and suitable for the course. If your child arrives with a bike that is not roadworthy, they will not be able to take part, and no refund will be issued. Please also note that no refund will be given if your child is unwell or unable to complete the course for any reason.**

**This course is not suitable for children who cannot ride a bike or have only just learnt to ride as the course leaders will be taking the children out onto surrounding roads in the local area.**

Kind regards,

Mr Roe

P.E. Lead

# ESSENTIAL PRE-COURSE BIKEABILITY INFORMATION

This document provides parents/guardians with guidance on bike suitability, clothing and the instructors' expectations of riders who participate in the 2 day Bikeability course.

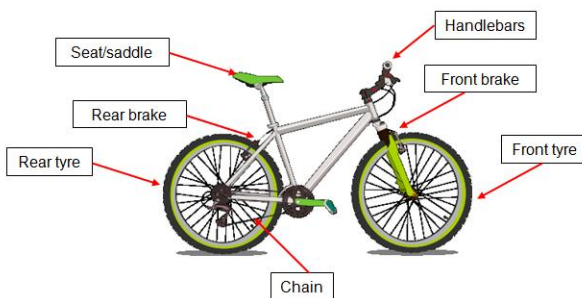
## Roadworthy Bike

We will only be able to accept a bike which is in good condition and safe to ride on public highways.

Before starting any Bikeability training the Take Pride Bikeability instructors will carry out a safety inspection on all of the bikes that are to be used. Whilst the instructors have an understanding of what makes a safe bike they are not qualified cycle mechanics and cannot repair all faults found on cycles. They will however, endeavour to make any minor repairs or adjustments to make the cycle safe for use on the Bikeability course.

To help ensure that your child can take part in the Activriders program please take a few moments to make the following checks on your child's bike the weekend before the course:

1. Tyres are pumped up
2. Front and Rear brakes are fitted (legal requirement). Both brakes are working
3. Gears are in working order
4. Chain is oiled/lubricated
5. Bike is the correct size for the rider (Check the seat and handlebar height)
6. BMX bikes must have saddle raised to correct height of the rider (please no stunt pegs)
7. Nothing loose or hanging off the bike



If you have any reason to suspect that your child's cycle is not roadworthy, please consult a qualified cycle mechanic.

As a parent/carer it is your responsibility to ensure that the bike supplied to your child is roadworthy.

**Unfortunately, if the instructors decide the bike supplied is un-roadworthy then your child may not be able to take part in the training.**

## Clothing

Bikeability will run throughout the year and will only be cancelled in extreme weather conditions. We would advise checking the weather conditions prior to the course.

Bikeability is a 2 day course which is delivered completely outdoors. It is particularly important to be dressed appropriately as your son/daughter will be out on the public highway all day, and will only return for the normal lunch break.

**Helmet is compulsory** for all parts of the course. You need to ensure it is the correct size, fits properly with good visibility and must be a standard approved helmet with 'CE' marking (usually found on a sticker on the inside). No full face helmets please. We will not be able to loan helmets as this is an essential piece of personal protective equipment.

Other recommended clothing and footwear, depending on weather:

- Shorts / Trousers (not loose / no jeans)
- Trainers with good grip
- Wind and Waterproof Top and/or Trousers
- Gloves

## Ability

All riders must be able to ride unassisted for sustained periods of time and be able to manoeuvre and stop. This course is not suitable for pupils who cannot ride/ just learnt to ride their bike.

## Behaviour

As we are using public roads with real traffic, there is a certain element of risk. All pupils are expected to adhere to the schools behaviour policy. **Any pupil(s) deemed by the Instructors to be contriving this will be removed from the course and returned back to school.**

## Accreditation

Your child must reach the National Standards outcomes set by the Department for Transport in order to achieve their Level 1 and Level 2 award. If, for any reason, after completing Level 1 on the morning of Day 1 your child has not made sufficient progress, your child will not continue to Level 2 on the roads. This will be discussed with your child individually and the school and no refunds will be permitted if this is the case. All certificates and badges awarded will be handed to the school directly.