

Bikeability Training Scheme Level 1

Dear Parent / Guardian,

A practical free off road cyclist training course is to be conducted at your child's school. It is designed to develop road sense, awareness of traffic dangers and to improve your child's ability to ride safely. We strongly recommend that your child participates in this course to become a safe, confident and independent cyclist in the future.

The course will start on the following:

Date:

Time:

Your child will need a bicycle in a safe, roadworthy condition in order to participate in the course. Please check the bicycle or take it to a cycle shop to be checked to ensure it is safe to use. The bicycle will be checked at the start of the course. You must provide a cycle helmet and it is important that cycle helmets are fitted and worn correctly.

Please note that it is your responsibility to ensure that your child is able to take their bike to and from school safely.

The training will take place on the playground and at the end of the course you and your child will receive information indicating how they have progressed and in particular, highlighting areas that require further guidance.

The course only covers the basics of safe cycling and your child will need to gain experience and confidence ready for when they undertake level 2 on road training in year 6.

If you wish your child to participate in the course please complete and sign the attached form and return it to the school.

Yours sincerely,

Julie Cooper
Road Safety Active Travel Co-ordinator

Consent Form for National Standards Bikeability Training

School.....

Please complete and sign this consent form and return to your child’s teacher within 7 days.

Does your son/daughter have any condition requiring medical treatment, including medication?

Is your son/daughter allergic to medication?

Does your son/daughter have any special learning or behavioural difficulties?

If **YES**, please give details (attach an additional sheet if necessary).

.....
.....
.....

If English is your child’s second language, will they need additional help understanding instructions?

YES **NO**

I have read and understood the attached information and agree to my child taking part in the Cyclist Training Scheme. I understand that although my child will be supervised and will wear the tabard provided, I have instructed them to take care at all times. I confirm that their cycle is in a roadworthy condition, correctly adjusted for height and that they can exercise control of the machine.

Signed..... **Parent/Carer** **Date**.....

Address.....

.....

Phone Number.....

Child’s Name.....

Class.....

(Capital Letters)

Date of Birth.....

Occasionally, photographs may be taken of road safety activities for publicity purposes.

Please tick the box if you do not want your child’s image to be used.

Names will not be publicised with images

Please return form to class teacher.



FITTING A CYCLE HELMET

- 1 Measure the head around its circumference, about one inch above the eyebrows.
Match your head size to the size of the helmet (printed in the helmet, on a label or on the box).
- 2 Place the helmet squarely on your head and fasten the straps.
If it's loose, use the pads or straps to get a close fit.
It should feel snug all the way around, but not too tight.
- 3 Once the pads are fitted, place the helmet back on your head.
Keep it level, about one inch above the eyebrows and
adjust the outside straps, so there is no slackness.
- 4 The front strap should be as vertical as possible.
The rear strap should join the front strap, just under the ears.
- 5 Fasten the buckle, which should rest under the chin,
not on the jaw line.
- 6 Try to move the helmet about on your head.
It should not move very much.

