



School Cyclist Training – Bikeability Level 1 & 2 Information for Parents and Conditions

This course is only suitable for children **in Year 5 or above at the time of booking. They must live or attend a school in the borough. Children need to have reasonable control of a bicycle.** This must include starting & stopping quickly, swerving to avoid objects, looking around including behind. It is not suitable for complete beginners.

On these courses we teach **control skills** in an off-road location, before taking the children to **ride on quiet residential roads** where they are taught road position, how to communicate with other road users. Your child will be given the 'Tales of the Road' a simplified but relevant Highway Code for use during theory sessions.

You must supply a roadworthy bicycle and of the correct size for each day of training. All bicycles will be checked and we will not allow an unsafe bicycle to be used on the course. In particular, both brakes must work, the tyres must be in good condition and pumped up. The handlebars must be securely attached, fitted with grips and bar end plugs. Each course starts with the trainees being taught the importance of a well-maintained bicycle and how to carry out a simple safety check themselves.

You must provide an **approved cycling helmet** and must ensure that the helmet fits correctly. Match your child's head size to the size of the helmet. The front peak should sit around one inch above your child's eyebrows, all straps should then be tight preventing movement of the helmet on your child's head. Instructors, to the best of their skills, will advise on the fit of your child's helmet, but will not necessarily be able to judge from its appearance if it is in good condition.

Children should be **appropriately dressed** for the weather conditions during the week. It is suggested that a waterproof coat is worn if it is raining and sunscreen if it is hot and sunny. A small bottle of water is advisable when the weather is hot.

Your child's safe **cycling abilities will be assessed** and he/she will be able to attain one of two standards, **Bikeability Level 1 or Level 2.** Their standard will be evaluated through continual assessment. Each child will be given a feedback form on the last day of the course that will indicate the standard they have achieved and highlight aspects of their cycling that could be improved to increase their safety.

Certificates and badges will be awarded, certificates will be sent to your child's school or home address if attending a holiday course. Many Secondary schools in the Borough require children to have the Bikeability Level 2 certificate before they are permitted to cycle to school. If your child reaches Bikeability Level 1 standard it is recommended they retake the course to improve their safety on the road.

See overleaf for an outline of the week's programme.



Bikeability Level 1 & 2 Training Schedule

Each **course usually lasts 5-day** with 2-hour sessions mornings or afternoons. **3/4-day courses** will be run for small groups and there may be variations to this programme depending on weather, children's ability and timing of school breaks.

DAY 1

Introduction and Highway Code, Part I

Classroom

Bike Checks

Playground

Practical work in the playground

Playground

Basic handling skill

Using gears

Stopping and swerving quickly to avoid objects

Looking all around including behind, without loss of control

Signalling right and left without loss of control

Games or a possible snake if time permits.

DAY 2:

'On road' training at identified location

On-road

Starting and finishing an on road journey:

Introduction to passing side roads (if time allows)

DAY 3:

'On road' training at identified locations

On-road

Passing side roads

Right turn into Major, Left turn into Minor

Introduction to Left turn into Major, Right turn into Minor and U-turn

DAY 4:

'On road' training at identified locations

On-road

Left turn into Major, Right turn into Minor

DAY 5:

'On road' training and trainee evaluation at identified locations

On-road

Right turn into Major, Left turn into Minor

Left turn into Major, Right turn into Minor

Pros and cons of cycle lanes (If it can be included)

On-road

Mini Roundabout (If it can be included)

Highway Code Quiz - multiple choice questions

Classroom

Bikeability certificates and badges are handed to school office.

Trainees undergo a continuous assessment on bicycle control, general road awareness, ability to safely pass parked cars or junctions and junction turns. Trainee's performance is evaluated and feedback forms distributed at the end of the session