



# Bikeability Level 1 & Level 2 Course

## Information for Parents and Conditions



Dear Parents and Carers,

We are pleased to confirm that we will be offering **Bikeability Levels 1 & 2 training** for children in Year 5 and 6 over the October half term break.

The course is run by the Kingston & Sutton borough Sustainable Transport Team and your child will be taught by a nationally accredited instructor who is DBS checked and first aid trained. There is no charge for this course. Once your child has completed Levels 1 & 2, they will be entitled to access more advanced Bikeability training to help them make independent journeys to, e.g. secondary school.

The course has been adapted to follow updated guidance from The Bikeability Trust that is in line with government advice regarding COVID-19 control measures.

**Level 1 is a two-hour session based in the KS2 playground.** We are running four of these Level 1 sessions on Monday 26<sup>th</sup> October and Tuesday 27<sup>th</sup> October: a morning session from 10:00 am – 12:00 pm and an afternoon session from 1:00 pm – 3:00 pm on each day. Your child will need to attend ONE of these sessions.

**Level 2 is a two-hour session delivered on-road in a small group with a maximum of 4 children.** The training will begin and end at school. Sessions will run over the week, from Tuesday 27<sup>th</sup> October to Friday 30<sup>th</sup> October with a morning session from 10:00 am – 12:00 pm and an afternoon session from 1:00 pm – 3:00 pm. Again, your child will need to attend ONE of these sessions.

If you would like your child to attend, please read the information and conditions overleaf and complete this form: <https://forms.gle/2aVJj5Ww3GugS4H89>

Please note that your child must attend both the Level 1 and Level 2 session. We are sorry but you will not be able to select the day or time of the sessions. We will allocate places on a first come, first served basis. There is however a field on the form for you to indicate any days that your child can not attend; we will do our best to schedule their two sessions accordingly!

Once you have submitted the form above, we will confirm your child's place and the sessions they are registered for. You will then need to complete an on-line Bikeability Registration Form that we will send you a link to.

If you have any questions, please email the school office at: [office@fernhill.rbksch.org](mailto:office@fernhill.rbksch.org)



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### Information & 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.** This course develops the cycling skills and confidence of **children who can already cycle** and have **reasonable control skills.**

On these courses we teach **control skills** in an off-road location, before taking the children to **ride on single-lane roads with moderate traffic.**

### The riders will be taught the Four Core Functions of Bikeability:

- Making good and frequent observations
- Choosing and maintaining the most suitable riding positions
- Communicating intentions clearly to others
- Understanding priorities, particularly at junctions.

### You must supply a roadworthy cycle and of the correct size for each day of training.

All cycles will be checked, and we will not allow an unsafe cycle 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 riders being taught the importance of a well-maintained cycle and how to carry out a simple 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 training. 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. Children will need to carry their own items whilst cycling, either using a bottle holder or small rucksack.

All participants will receive a **Bikeability certificate, badge, and booklet.**

Bikeability awards recognise every rider's progression during the course. Feedback will be provided to parents/carers on the certificate with clear information about riders' cycling abilities.

Please support and encourage your child to continue cycling after their training.

Riders must demonstrate competent cycle control skills to progress to on-road training. If your child does not demonstrate these skills competently, consistently and confidently, we recommend they continue to practise and attend a future course.



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### **COVID-19 (coronavirus) Measures**

***Please note that our courses have been adapted to follow updated guidance from The Bikeability Trust, in line with Government advice to prevent the spread of the virus.***

- ***Group sizes reduced to ensure physical distancing can be upheld throughout***
- ***Riders should not attend if anyone in their household shows symptoms of COVID-19***
- ***Riders will have to provide their own cycle helmets and a hi-viz tabard or wear a bright t-shirt or jacket***
- ***It is recommended that riders bring their own tissues, sanitising wipes, or hand gel***
- ***Masks are not compulsory as this is an outdoor activity.***

**See overleaf for an outline of the programme.**



**Level 1** takes place in an off road environment and teaches riders how to control and master their bikes



**Level 2** gives participants on-road experience in residential traffic to help them prepare to make short journeys by bicycle



**Level 3** teaches individuals the skills to ride effectively on more complex roads and in further challenging traffic situations

### Bikeability Level 1 & Level 2 Training Schedule

**Level 1** is a 2 hour **playground based** session. Two instructors will train up to 12 pupils to develop the following skills:

- Prepare themselves for a journey
- Check the cycle is ready for a journey
- Set off, pedal, slow down and stop
- Ride whilst looking behind, cycling one handed, turning and controlling speed.

**Level 2** is a two hour session delivered **on-road**. Two instructors will train 2-4 pupils to develop the following skills:

- Cycle safely and responsibly
- Identify and respond to hazards
- Start and stop on-road journeys
- Maintain suitable riding positions
- Share the road with others and communicate with other road users
- Comply with signals, signs and road markings
- Manage risk when cycling
- Negotiate junctions (pass side roads, turn at T junctions, and crossroads and roundabouts if present).

To learn more about Bikeability log on to [www.bikeability.org.uk](http://www.bikeability.org.uk)