

# **Bikeability Cycle Training**

**(Provided by Pedal Power Training Ltd)**

Dear Parent or Guardian

Bikeability cycle training is offered to all primary/junior schools. Training follows the National Standard and helps give children the skills and experience they need to cycle safely and confidently. Cycling is not only fun but can be a great way of keeping physically fit, it can be beneficial to our wellbeing, develop confidence and help us to become more independent. On completion of the course, your child will receive a certificate and badge and a booklet explaining the training that they have received.

**Bikeability has three levels of training: - Level 1, Level 2 & Level 3**

Your child will be taking part in a combined level 1 & 2 course.

**When will the training take place:**

The training will take place in your child's school during the week beginning: - **Monday 26th June 2023**

**There are a limited number of places available, so please use the link below to book your child on to their school's course.**

**If you do not wish your child to take part, please do NOT complete the link.**

**The closing date for booking your child's place on the course will be Sunday 21st May 2023.**

**It is important that you complete the booking & consent before this date, so that we are able to plan courses and ensure the required resources will be available.**

**Bookings will not be accepted after this date.**

**Please submit one response per child.**

**[To book your child's place click here](#)**

If you have any problems accessing the form via the link above, please copy & paste the link below directly into your browser.

We do hope you will register your child for this training.

**What your child will need for each training session**

If you would like your child to take part in the cycle training but they have not got a bicycle and/or helmet, it may be possible to borrow these from Pedal Power Training. To borrow a bike and or helmet, please indicate on the booking form above. The minimum seat height of Pedal Power bikes is 750mm.

- **A bike which is roadworthy and the correct size for them** - a bike check will be carried out on the day 1 and any bike which is not roadworthy will have to be fixed for your child to continue on the course (or a loan bike can be used). **A roadworthy bike must have the following as a minimum – 2 fully inflated tyres, with good tread, 2 working brakes, secure handlebars, with correctly fitting secure grips. Saddle must be secure.**
- **A cycle helmet** - this needs to be the right size and a good fit.
- **Weather appropriate clothing** (sessions are between 1 and 2 hours and are outside). Please make sure in wet weather that your child has a coat and that in warmer weather sun cream has been applied.

- **Some wet weather clothing** e.g. a minimum of a shower or waterproof jacket, preferably some over-trousers too. The training will continue in light to moderate rain but will be suspended if there is a heavy downpour. Please ensure sun cream is applied in hot weather.
- **A High Visibility Jacket/Tabard/Vest**
- All sessions will run during school hours and your child will be notified of their session start time by the school prior to the course.

## **Level 1 & Level 2 Training**

**Level 1 – training develops cycle handling skills in traffic-free environments**

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

The first session will be Level 1 training only and will take place in the school playground. In this session riders will also be taught how to carry out a bike check and adjust their helmet and clothing. Cycle skills will be taught through fun activities. Riders will be assessed throughout the training session and the instructor will determine if the rider has the required control/skills to progress to Level 2 on road training. If they are not able to progress to Level 2 training, they will be told which skills need to be practised in preparation for the next available Level 2 course. Throughout the sessions, riders will be expected to make independent decisions when dealing with traffic, junctions and sharing space with other road users. Our instructors will explain and demonstrate what is expected and riders will then complete the tasks independently.

Level 1 - please allow your child to watch this short video. Bike handling skills will be covered at the end of the video.

<https://youtu.be/4s-nw64BnGE>

Level 2 - Please allow your child to watch this short video on Level 2. Activities instructed will be covered at the end of the video.

<https://youtu.be/1QVCvi6UUQ0>

## **Level 3 Training**

**Level 3 – training develops skills for cycling on complex, busy or fast roads and junctions sometimes with heavy traffic**

Level 3 training is offered through secondary schools.

The link below shows a short video on Level 3.

<https://youtu.be/QqgOrOXOqpU>

Please visit the Bikeability website <https://bikeability.org.uk> for more course related information.

## **Complaints**

If you have any complaints/concerns regarding the training received, please contact us in writing at [pedalpowertraining@gmail.com](mailto:pedalpowertraining@gmail.com)

We look forward to seeing your child on their course.

Kind regards

Sian

*Pedal Power Training Ltd*

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