



# PRACTICAL BIKEABILITY TRAINING

## INFORMATION AND CONSENT FORM FOR PARENTS

### Your child will **not** be able to move on to Level 2 of the training if:

- They are unable to hold a signal whilst cycling for a period of time without wobbling.
- If they fail to meet all the outcomes of Level 1.
- They miss any of the training outcomes due to other activities.
- Their bike has a fault deeming it unroadworthy.

A course of cycling, teaching basic practical road skills training is due to take place at this school. The training will last for eight hours spread over two full days. The course is outcome based and pupils will be assessed continually over the two days. Level 1 will be conducted on the playground and lasts for two hours. Level 2 will take place over the remaining six hours and will be on the road.

For your child to be able to progress on to the Level 2 training they must successfully complete all Level 1 outcomes.

Your child will receive a Bikeability Level 1 and 2 badge and certificate on successful completion of the course. All children will receive a certificate for participating and a feedback form.

The safety of the pupils is paramount therefore the Road Safety Instructors reserve the right to remove pupils from training if they feel they do not meet the requirements for each level of training or if their behaviour may put themselves or others at risk.

- Your child must attend the full two days training, if for any reason your child is absent for any of the training outcomes during the two days it will be at the Road Safety Instructor's discretion as to whether they continue with the course or receive the full award.
- The responsibility of the road worthiness of the bicycle remains with the parent or guardian.
- Instructors can make minor adjustments to your child's bike but will not correct any faults with working parts of the bike such as brakes, pedals or wheels. Instructors only have a short period of time to do this, if a bike requires extensive adjustments and repairs a decision may be made to deem the bicycle unfit so as not to impact on the course.
- Please note that helmets must be in good condition and fit correctly before your child can participate in the training.
- For further information about checking the bicycle correctly please see leaflet attached.





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### Level 1 Outcomes

(Two hours playground session)

- Understanding safety equipment and helmet fitting.
- Carry out a simple bike check.
- Get on and off the bike without help.
- Start off and pedal without help.
- Stop without help.
- Ride along for roughly one minute or more without help (continuously assessed throughout course).
- Make the bike go where they want.
- Use gears correctly (where present).
- Stop quickly with control.
- Manoeuvre safely to avoid objects.
- Look all around including behind, without loss of control.
- Signalling right and left without loss of control.

### Level 2 Outcomes

(Six hours on road sessions)

Trainees must successfully achieve all Level 1 outcomes.

- Start an on-road journey.
- Finish an on-road journey.
- Understand where to ride on the roads being used.
- Be aware of potential hazards.
- Make a U-turn.
- Pass parked vehicles.
- Pass side roads.
- Understand how and when to signal intentions to other road users.
- Turn left into a minor road.
- Turn left into a major road.
- Turn right into a major road.
- Turn right from a major road.
- Demonstrate decision making and understanding of safe riding strategy.
- Demonstrate a basic understanding of the Highway Code.

Where charges are applicable the authority requests payment from schools only, based on the number of trainees booked. Should you have any queries regarding this, please contact your school.

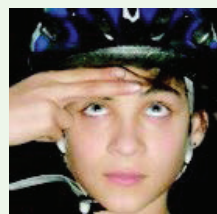
For the fitting of the straps, the easiest thing for your child to remember is: Ears, Eyes and Mouth or 2 x 2 x 2.

### CHECKING YOUR CHILD'S HELMET

When purchasing a helmet it is strongly recommended that you 'try before you buy' to ensure you get one that fits your child correctly. Make sure it meets the British Standard; look out for the BS EN 1078 inside the helmet.

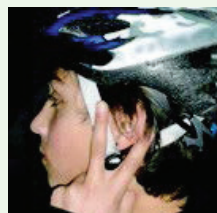
Place the helmet on your child's head and without buckling the chin strap, ask your child to shake their head from side to side.

- If the helmet moves a lot, it's too loose and either needs to be tightened with pads or the ring at the back and base of the helmet, OR you may need to get a smaller helmet.
- If your child's forehead isn't covered, you may need a larger helmet.



#### EYES (2)

With the helmet level on your head, you should see the very edge or rim of your helmet when you look up past your eyebrows. This is about two finger widths above your eyebrow.



#### EARS (2)

The straps should meet and form a 'V' right under each ear lobe. To check, form a 'V' with two fingers around your ear.



#### MOUTH (2)

Once the straps are adjusted in a 'V', buckle them. The straps should be snug but not too tight. Adjust until you can put no more than two fingers between the strap and your chin.





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### CHECKING THE BICYCLE

- **Wheels and tyres:** tyres pumped up, wheel nuts tight, wheels should spin freely.
- **Brakes:** testing the front and back brakes separately, try to push the bike back and forth it shouldn't move (test a few times with each brake). Check brake lever doesn't hit handlebars.
- **Handlebars:** hold front wheel between legs and try to twist handlebars – they shouldn't move.
- **Bike fit and saddle:** your child should be able to comfortably stand over the bike. Adjust the saddle so that they can just touch the floor and their leg is only slightly bent when their foot is at the bottom of the pedal stroke.

The checks can be performed very quickly, and most adjustments made easily. If you are unsure how to get the bike into roadworthy condition, we recommend that it is checked over by a local bike shop.



### To be read and completed by parent/guardian

- My child can ride a bicycle and hold a signal (left and right) for a period of time without wobbling.
- My child has a correctly fitting helmet, in good condition that conforms to British safety standards.
- My child's bike has two working brakes as stated in the Highway Code and I am aware the instructors will not be able to adjust them on the day of training should they be faulty.
- The bicycle used for training is roadworthy and I accept full responsibility for this.
- I am aware that if my child does not reach all the outcomes during Level 1 training there will be no further training provided.
- I understand that should my child be absent for any period of time during the training that they may not be able to continue on the course.

### I agree to the above and give permission for:

Name of child .....

School .....

To attend Bikeability training lessons on public roads.

I have read and understood the information provided and will abide by the conditions set out.

Signed ..... (parent/guardian) Date .....