



BIKEABILITY Level 1 and Level 2

INFORMATION AND CONSENT FORM FOR PARENTS & CARERS

Bikeability, a cycling course to teach basic practical road skills, is due to take place at this school.

The training will take place over two days. Level 1 (around half a day) takes place on the playground. Level 2 (around a day and a half) takes place on the road. To progress to Level 2 of the course, pupils must meet all Level 1 outcomes.

All children taking part in Bikeability receive certificates and badges. The instructor will include feedback on the certificate of your child's skills. This will include areas they might need to practice more.

Pupils are also given resources, including cycle lights, to keep.

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

- Parents / Guardians are responsible for the road worthiness of the cycle.
- Instructors can make minor adjustments to cycles but will not correct any faults with working parts of the bike such as brakes, pedals or wheels.
- Cycles that are not roadworthy may be deemed by instructors as unfit for use on the course. In this case, pupils may not be able to continue with the training.
- If your child is absent during the two days of training, they may not be able to continue with the course.
- Helmets must be in good condition and must fit correctly before your child can participate in the training.
- Please ensure your child's school makes the Road Safety team aware of any special educational needs or disabilities your child has, so that we can make appropriate adaptations to the training for them.

Your child will not be able to take part in Level 2 training if:

- They are unable to hold a signal whilst cycling for 3-5 seconds without wobbling.
- If they cannot demonstrate that they can meet the Level 1 outcomes.
- They miss any of the training outcomes due to other activities.
- Their cycle has a fault meaning it is not roadworthy.





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Course Content

Level 1 Outcomes – playground session

- Understanding safety equipment and helmet fitting.
- Carry out a simple cycle check.
- Get on and off the cycle 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 cycle 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 – on road sessions

- 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.

Checking your child's helmet fits

When buying 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 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. It 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



To fit the straps,
the easiest thing to
remember is

2 V 1





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Checking the cycle

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

- **Wheels and tyres:** tyres need to be pumped up, wheel nuts tight, and wheels should spin freely.
- **Brakes:** test the front and back brakes separately. Try to push the bike back and forth with the brakes held on - it shouldn't move (test a few times with each brake). Check brake levers don't hit handlebars.
- **Handlebars:** hold the front wheel between your 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 when sat on it, they can just touch the floor. Their knee should be very slightly bent when their foot is at the bottom of the pedal stroke.

Further details about checking a cycle correctly can be found in the Cycle Check form



Scan here to
visit our
website



If you have any queries regarding Bikeability,
please contact
road.safety.training@eastriding.gov.uk

To be read and completed by parent / guardian

- My child can ride a cycle 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 cycle 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 cycle used for training is roadworthy and I accept full responsibility for this.
- I am aware that if my child does not achieve all of 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 and take part in Bikeability training taking place on public roads. I have read and understood the information provided and will abide by the conditions set out.

Signed _____ (parent / guardian) Date _____

Name _____

