



Dear Parent/Carer:

Great news! We will be coming to your school to do Bikeability training with your children as follows:-

Course:	Bikeability Level 1 and Level 2
Days:	Level 1: Wednesday 3 <sup>rd</sup> May PM Level 2: Thursday 25 <sup>th</sup> and Friday 26 <sup>th</sup> May
Times:	9.30-11.30am and 1-3pm
Venue:	All Saints Primary School

**WHAT IS BIKEABILITY?** Bikeability is the national cycle training program supported and funded by the Department for Transport. The course builds the skills and confidence of children who can already ride. Bikeability can not only make children better cyclists - potentially for the rest of their lives - but can help with general confidence and independent thinking. All of our Bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors. Visit [www.bikeability.org.uk](http://www.bikeability.org.uk) for more information.



**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



**Cycles must be of a suitable size and be presented in a fully maintained and roadworthy condition throughout the course;** if your child's bike is in a dangerous condition they will not be allowed to take part. The M-check guide overleaf shows you how to safety check your bike. It may be possible for a small number of children to borrow bikes. Please let the school know as soon as you can if this is required.

**The wearing of an approved cycle helmet meeting European Standard BS EN 1078 is compulsory throughout the course.** Participants must bring a helmet to school for their own sole use. Please let the school know if your child does not have access to a helmet. Due to Covid 19 infection control measures we need to avoid lending helmets where possible.

For more information on how to check your bike and fit your helmet, including video guides, visit <http://bikeability.org.uk/bikeability-training/get-ready/>  
Children will also need suitable clothing depending on weather conditions each day, and long hair should be tied back. Gloves are recommended especially in cold or damp conditions. Due to Covid 19 infection control measures, we are unable to provide Hi Visibility vests to pupils. If pupils have their own Hi Visibility vest or jacket, then this should be worn, otherwise **brightly coloured outer clothing must be worn** by all participants.

The course is one of continuous assessment. At each stage, instructors will assess whether riders are safe to continue to the next stage of the course. All children who take part will receive a badge and certificate to indicate the level they have achieved.

Bikeability skills and confidence will be lost without regular cycling. Bikeability engenders enthusiasm while building skills and confidence to cycle more safely, more often. Please support and encourage your child to continue cycling after training.

To allow your child to take part in the on road part of this course, we must receive parental consent in advance. You should receive a link by email from your child's school to allow you to give consent electronically. You can also scan the QR code below to complete the form on a smartphone or tablet. If you have not received the link or are having problems with completing the form, please contact the school.

Yours sincerely

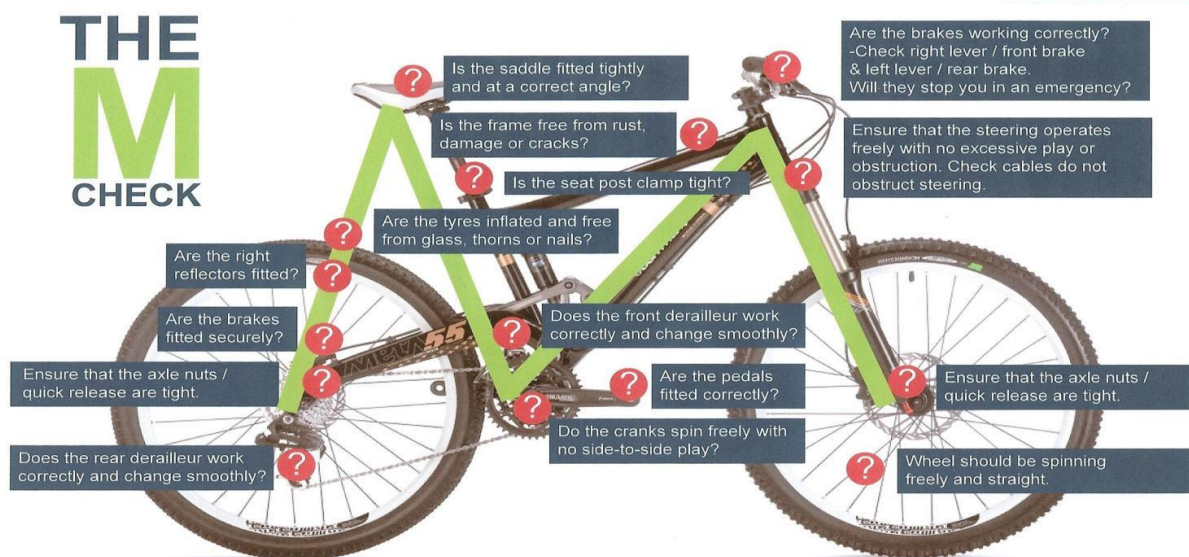
**Mark Sheffield**  
**Bikeability Scheme Manager**



### Join the Bikeability Club

When the Bikeability course ends, your cycling journey is only just beginning, so let us help you keep pedalling with the Bikeability Club newsletter. The regular newsletter will keep you in the loop about all things cycling. From Bike to School Week to the annual awards, there's plenty to get involved in. There's even some exclusive offers and fun competitions! Simply sign up at <https://bikeability.org.uk/bikeability-club/>

**Chorley**  
SCHOOL SPORTS PARTNERSHIP



**Make sure your bike is safe to ride,  
follow The M Check.**

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