

Dear parent/Carer,

Your child has the opportunity to take part in Bikeability training provided by Herefordshire Council.

Bikeability is the government's national cycle training programme based on the National Standard for Cycle Training. Cycling is a life skill with many benefits: it encourages independent mobility, is great for the environment, and improves physical and mental health. Bikeability builds the skills and confidence of people who can already ride and prepares them for a lifetime of cycling. Evidence shows Bikeability helps more people cycle, more safely, more often.

Bikeability is funded by the Department for Transport and Transport for London, and is delivered by trained, professional and DBS-checked Bikeability instructors.

Bikeability trains riders to make independent decisions and practice safe and responsible cycling, through:

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

Bikeability is offered at three levels:

- **Level 1** develops cycle handling skills in traffic-free environments
- **Level 2** develops skills for cycling on single-lane roads with simple junctions and moderate traffic
- **Level 3** develops skills for cycling on busy, complex roads and junctions.

Riders must demonstrate all National Standard assessment criteria independently before they progress to the next Bikeability level. All participants receive an official Bikeability certificate including a personal cycle skills profile.

Course information:

Course dates	Monday, 2 nd March – Monday, 16 th March.
Bikeability Level(s)	Level 2
Number of sessions	1 full day session
Year Group	Year 6
Timing	9am to 3pm
Cost	none

For your child to participate in this course you will need to provide the following:

- A **roadworthy** cycle (without stabilisers)
- A suitable helmet
- **Suitable clothing** for the weather.

Important bike, helmet and clothing guidance is available at www.bikeability.org.uk/get-ready/

The Bikeability Club

Go online at www.bikeability.org.uk to join the Bikeability Club to receive newsletters with more information about Bikeability training as well as useful hints and tips, offers and promotions. There is also additional help and resources for your family to continue your cycling journey after Bikeability.

Please read the following consent information carefully and return to us by February 14th 2019.

I agree to the following:

1. My child can participate in the Bikeability course described above.
2. My child can **already cycle unaided for at least one minute without help or stabilisers**. Instructors will refuse participation if this is not the case.
3. I am responsible for ensuring my child has a **roadworthy cycle** for training. Instructors will refuse participation if this is not the case.
4. I will ensure my child is **appropriately clothed** for the weather.
5. I understand instructors are not responsible for any injury or liable for any loss or damage to participants' cycles and other belongings.
6. I will provide a **suitable cycle helmet** that fits my child's head well.
7. I will encourage my child to practice between sessions and support their cycling after training.
8. I understand the information I provide below will be processed in accordance with the training provider's European Union General Data Protection Regulation policies.

Childs Name:	
Medical conditions or any Special Educational Needs or Disability that the instructors need to be aware of:	
Parent/carer's name:	
Parent/carer's signature:	
Date:	

I consent for my child to be photographed or filmed during training to help promote Bikeability locally and nationally.

YES ☐ NO ☐