



Dear Parent/Carer,

Wiltshire Council Road Safety team is offering Bikeability training for pupils at this school. Regular cycling, whether for transport, sport or just for fun can improve physical and mental health and give young people skills for life. Cycling offers low-cost and independent travel for young people and their families and helps to reduce traffic congestion with related road safety, air-quality and wider community benefits.

**WHAT IS BIKEABILITY?**

Bikeability is the national cycle training programme, supported and funded by Active Travel England on behalf of the UK Government.

All Bikeability training is delivered by nationally-qualified, professional, DBS-checked instructors and takes place at risk-assessed locations. Visit [www.bikeability.org.uk](http://www.bikeability.org.uk) for more information. All registered Bikeability providers must follow national guidance when delivering Bikeability training. Wiltshire Council has all necessary Bikeability policies, risk assessments and procedures in place (copies available on request).

The **Bikeability Level 1** course helps children become more skilled and confident in riding their bikes in the playground and gets them ready for cycling on the road. Your child will learn how to:



- **Maintain their cycle:** make sure their ride is in good condition and make simple repairs.
- **Glide:** smooth, calm and collected.
- **Control their bike:** including setting off, cruising, slowing down, braking and stopping.
- **Pedal:** without feeling wobbly or out of control, even if riding one-handed.
- **Be aware of their surroundings:** looking behind and turning around obstacles.

**Riders must be able to ride a bike already (pedal and glide) to take part in this training.**

The **Bikeability Level 2** course aims to improve riders' skills and confidence for cycling on local roads and simple junctions without too much traffic. Content includes how to:



- **Start and stop** with more confidence.
- **Pass stationary vehicles** parked on a road.
- **Understand the road:** signals, signs and road markings.
- **Negotiate the road:** including quiet junctions, crossroads and roundabouts.
- **Share the road** with other vehicles.

**All the riders will have to show they can do everything at Bikeability Level 1 before they can go on the roads.**

We encourage riders to go on to **Bikeability Level 3** training to learn about more challenging road situations, such as busier roads or more complex junctions. Courses may take place at secondary schools or during school holidays.

Bikeability teaches riders to make independent decisions and practise 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.**

**HOW TO BOOK:**

Bikeability places are limited and will be booked on a first come basis.

Course dates	12 <sup>th</sup> 13 <sup>th</sup> and 14 <sup>th</sup> February
Bikeability Level(s)	Level 1 & 2
Year Group	Year 6
Cost (subsidised by Department for Transport)	£6.35 per child

**Please complete and return the consent form to school as soon as possible.**

For your child to take part in this course you will need to provide and check the following:

**For your child to take part in this course you will need to provide and check the following:**

**Your riding skill** – you must be able to ride unassisted, without stabilisers to take part in Bikeability. It really helps if you can already ride one-handed and keep a straight line, but you will practice this on the playground during level 1 training.

If you need extra help, please let us know on the form below and we will do everything we can to support you to take part.

**Your cycle** - make sure your cycle is the right size for you and is in good working order, with the tyres inflated and the moving parts working well. If you need to take it to a repair shop before-hand, don't leave it to the last minute!



- 1 Make sure your saddle, handlebars and wheels are fixed on tight
- 2 Ensure both your front and rear brakes work properly
- 3 Run through all of your gears
- 4 Clean and oil your chain regularly
- 5 Check your tyres are pumped up

#### REMEMBER YOUR



AIR BRAKES CHAIN

BEFORE EVERY RIDE

If you use an adapted cycle or tricycle because of disability or medical needs, that's fine – just let us know on the form below.

**It may be possible to provide a loan cycle for training if you do not have one available. Please tell us on the form below so we can arrange this in good time.**

**Your helmet** - your helmet should sit comfortably and level on your head, (not too tight or too loose), with the peak sitting about two fingers width above your eyebrows. The side adjusters should sit just below your ears with the straps forming a nice 'V' on the side of your head, and the chin strap should allow for one finger to fit between it and your chin.

**Your clothing** - wear comfortable clothing that allows you to ride easily, including shoes that fit securely, such as trainers. Be prepared for the weather to change! On cold or wet days, make sure that you have your coat and gloves, and an extra layer or two. On warm, sunny days use sunscreen and bring a bottle of water.

**Important cycle, helmet and clothing guidance is available at [Bikeability.org.uk](http://Bikeability.org.uk) | [Cycle training FAQs](#)**

Wiltshire Council does not maintain any personal accident cover and is only insured against its legal liability to third parties if they are injured or their property is damaged during any cycle training organised and approved by the Council. Parents/carers of pupils participating in cycle training are advised to make their own arrangements to insure their children against personal accident, loss or damage to their cycles or other personal effects.

If you have any questions regarding **Bikeability training in Wiltshire**, please contact the Road Safety team at [bikeability@wiltshire.gov.uk](mailto:bikeability@wiltshire.gov.uk) or **01225 713700**

If you want to find out more about Bikeability in general, visit [www.bikeability.org.uk](http://www.bikeability.org.uk)



Please read the following information carefully and return a copy of your completed form to school by **31<sup>st</sup> January 2025**.

I understand and agree to the following:

1. I am responsible for ensuring my child has a **roadworthy cycle**. If the cycle is unsafe, the instructor(s) will not allow it to be used for training and my child may not be able to take part if no replacement is available.
2. If the instructor considers that my child has not achieved the necessary Level 1 outcomes by the end of the off-road session, including safe control of their cycle, my child will not be allowed to move on to the Level 2 (on-road) training on this occasion for their own safety.
3. If my child disrupts training so that their safety or the safety of anyone else is put at risk, they will not be allowed to continue.
4. Wiltshire Council will not be responsible for any injury or disease transmission or liable for any loss or damage to participant’s cycles and other belongings.
5. I will provide a **suitable cycle helmet** that fits my child’s head correctly.
6. I will ensure my child is **appropriately dressed** for the weather.
7. I will encourage my child to practice between sessions and support their cycling after training.
8. The information given below will shared with my child’s Bikeability instructor before the course to help them support my child during training. (After training is completed, Wiltshire Council will only keep a record of your child’s first name and school for audit purposes in relation to Government funding.)
9. **I have read all the information and consent to my child participating in cycle training and related activities**, which may include cycle maintenance as well as riding on the public highway.

Child’s full name:			
Class:			
School attended:			
Does your child have <b>any</b> additional needs (physical, medical, learning or other) we need to be aware of before training starts?  If you think your child may benefit from additional support before or during training, please ask their school to speak to the instructor (or contact us direct) <b>well in advance</b> so we can make appropriate arrangements.			
If your child does not have a cycle and would like to borrow one for the training, please tick:		If possible, please give their inside leg length:	cm
Parent/carers name and/or signature:			
Date:			
If you are happy for your child to be photographed and/or filmed to help promote Bikeability, please tick here:			