



Dear Parent/Carer,

Year 6 Bikeability

We have been offered an intensive level 1 and 2 Bikeability Course for our year 6 pupils. Please read the following information and complete the consent form on page three of this letter if your child would like to take part. Places will be given on a first come, first served basis. There will be another course offered later in the year if it is over-subscribed this time.

The course: Level 1 and 2

Dates: Monday 23rd September – Thursday 26th September (every afternoon)

Time: 1-3pm

Security: If your child brings in their own bike/helmet, they can be stored in the school building for the duration of the course.

Bikeability is Cycling Proficiency for the 21st century and is funded by the Department for Transport (DfT) in partnership with Isle of Wight Council (IWC). The course is designed to give the next generation the skills and confidence to ride their bikes on today's roads. The course offered is Bikeability Level 2 however during the first session trainees are trained in a traffic free environment (Level 1), so instructors can assess that they are able to progress to road cycling. The remaining sessions take place on public roads and will gradually introduce your child to essential on-road traffic theory and practice. Each child must be able to ride a bicycle (have good control and balance) before enrolling for this course. All cycles must be in a roadworthy condition, a bicycle checklist is provided below, and a helmet must be worn. If you are unable to provide your child with a bicycle and/or helmet please tick on the attached form so that the Road Safety Team can organise one for you to borrow for the duration of the course. We will provide everyone with a high visibility waistcoat to wear for the duration of the course.

All courses are conducted by approved National Standard Instructors, who are CRB checked and have attended a First Aid course. They will decide if trainees have attained the required level of competence by continuously assessing each child's performance. At the end of the course, all children will receive certificates and advice regarding their skills. Please ensure your child is wearing appropriate clothing suitable for cycling and the weather conditions.

Kind Regards,

Year 6 team

Bicycle Checklist

Please use the list below to assist you in checking your child's bike:

- The bicycle must be in a clean and roadworthy condition and of a suitable size for the rider. If it is not, the trainee may be refused enrolment on the course. The bike should be checked prior to each journey and training session
- Check that both front and back brakes work and the brake pads touch the wheel, not the tyre. It is a legal requirement to have two working sets of brakes
- Check the rider can easily reach the brake levers
- Check all cables to ensure they are not frayed or about to break
- Check the bike isn't too big or too small for the rider. The rider's toes should be able to just touch the ground when sitting on the saddle
- Check that the seat and handlebars are not raised above their safe limits (there will be a marking showing on the seat or handlebar post)
- Check handlebar end caps are fitted
- Check the wheels are fixed securely to the bike
- Check if the tyres are worn or have bulges. Make sure they are pumped up hard, as there is less chance of a puncture
- Check the handlebars turn smoothly and cannot be twisted out of line
- Check the pedals spin freely
- Check that all gears change easily and ensure chain is well oiled
- Check that the helmet fits snugly and securely. There should not be space to put more than two fingers between the chin and the strap. Some of the current cycle helmet safety standards are EN1078, BS 6863, AS2063, ANSI Z 90.4 or SNELL



Bikeability Consent Form

(PLEASE USE BLOCK CAPITALS)

Child's name:		
Child's school:	OAKFIELD PRIMARY	
Date of birth:		
School year:	6	
Parent/carer's name:		
Tel. No:		
Email:		
Emergency contact number:		
Please detail any medical conditions that we need to know about?		
Please give details of any learning support your child needs at school:		
How will your child get home from the training base? (If after school)		
I have read all the information within		Yes / No
Whilst every care will be taken to ensure your child's safety, Isle of Wight Council provides public liability insurance only and not Personal Accident insurance for anyone undertaking this course, nor does it accept responsibility for the actions or personal behaviour of participants. Isle of Wight Council and your training provider are not responsible for any injury to persons or loss or damage to property which occurs on the way to and from a session, or which does not result from the negligence of an instructor. However, every instructor carries third party liability insurance which covers your child as a third party. I understand the insurance provision.		Yes/No
I agree to my child receiving on-road training (level 2 or 3 only)		Yes / No
I will ensure my child's bicycle is in a roadworthy condition – please see the bicycle checklist		Yes / No
Do you wish to borrow a bicycle or helmet for the duration of the training?		Bike: Y/N Helmet: Y/N
Parent/Carer Signature:		
Date:		
<i>I have read all of the information and completion of this application acts as my consent for my child to take part in a cycle training course.</i>		

Notes:

Any participants who persistently misbehave or put others in danger will be asked to leave the sessions and will not be allowed to attend in future.

All children must be 10 years of age or over when attending this course with the exception of summer courses which are open to all year 5 and above.