

BIKEABILITY PARENTAL CONSENT FORM

WHAT IS BIKEABILITY? Bikeability is the national cycle training programme supported 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.



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



COURSE INFORMATION	WHAT WILL YOUR CHILD NEED?
<p>Bikeability Level – 1 (off road training) Number of sessions – 1 Dates – Wednesday 29th March or Wednesday 19th April Year groups – Year 3/4 Timing – 1-3pm</p>	<ul style="list-style-type: none"> • A complete consent form (see section overleaf) • A roadworthy bike without stabilisers (see bike check guidance) • A helmet (see fitting guidance) • Suitable clothing for the weather conditions (especially gloves) • helmets can be provided

FURTHER INFORMATION FOR PARENTS

This course develops the cycling skills and confidence of children who can already cycle. Please ask your school about Bikeability Balance and Bikeability Learn to Ride if your child can't already cycle. To benefit from Bikeability, your child must attend every session and practice what they learn after training. 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.

HOW TO BOOK Please complete and return a consent form to school as soon as possible before **25th March 2023**

Places are limited and will be allocated on a first come first served basis.



www.bikeability.org.uk

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Pre-course bike safety check

Visit Halfords online safety check www.halfords.com/cycling/bike-maintenance/care-plans/free-bike-check

Remember your...

A

AIR

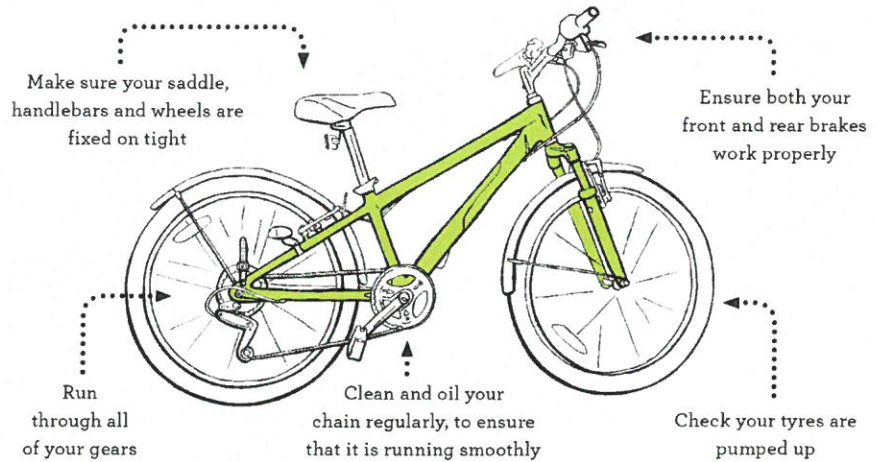
B

BRAKES

C

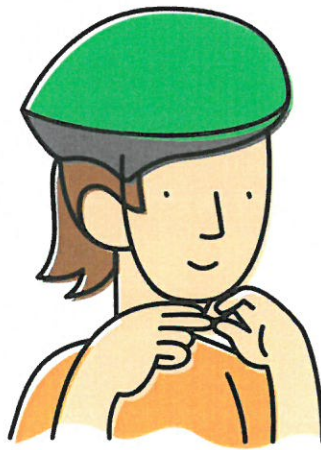
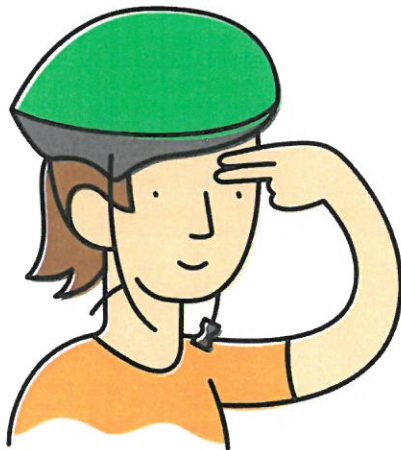
CHAIN

before every ride



Your helmet should sit on top of your head comfortably, (not too tight or too loose), with the peak sitting about two fingers width from your eyebrows.

The side adjusters should sit just below your ears forming a nice V on the side of your head, and the chin strap should allow for two fingers to fit between it and your chin.



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