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Re: Bikeability Course

Dear Parents,

We have arranged for a Bikeability course for the children in Year 6. Cycle training is hugely beneficial for children. It introduces a healthy and environmentally friendly way to travel, and makes them much safer whilst riding their bikes. In fact, when asked by Ipsos MORI, 92% of parents said they saw a significant increase in their child's safety cycling on the road after taking part in a Bikeability training course.

Our course details are as follows:

Day 1 – Tuesday 13th November

Day 2 – Tuesday 20th November

Please ensure that the consent form is filled out and signed. This is very important, as the children will not be able to take part without it. Consent forms must be returned to the school as soon as possible.

Each child must have a **roadworthy bike** and a **helmet** in order to take part. If any child would not like to take part please inform the school office as soon as possible.

If you'd like more information about the Bikeability Scheme, please visit www.bikeability.org.uk.

Children should come to school on those two days in their full PE kit with their outdoor school coats. They must make sure that they have long trousers and gloves as it is likely to be very cold. Bikes should be brought to school on the mornings of the course and taken home afterwards. On arrival at school, they are to be taken to the area outside the Site Manager's (Bill) room, by the main office. If this causes any significant challenge for any parent, please let us know as soon as possible.

Riding Ability

All children must be able to ride a bike unaided. Children will be assessed during the first session and will not be able to progress if they cannot perform all the level 1 outcomes.

Attendance

Bikeability is an outcome based course where each outcome builds upon the prior. It is therefore vital that pupils attend both full days to be able to reach Level 2. Pupils who miss sessions may not be able to rejoin their group.



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Bikes

Children must bring a roadworthy bike. All bikes will be checked before the start of the course.

Bad weather / Indoor activities

The course will continue in the rain unless the conditions are too severe. Therefore, we advise children to bring a waterproof jacket, and gloves in cold weather. We will provide indoor activities if necessary.

Staff Ratios

Courses are organised around a ratio of 6 trainees to 1 instructor.

Equipment

BikeRight! will supply high visibility waistcoats for all the children and instructors.

Certificates and Badges

Children who complete either level 1 or level 2 will receive a Bikeability badge, certificate and feedback form on their cycling outcomes.

It promises to be an exciting and rewarding two days.

If you have any questions, please do not hesitate to contact the school office.

Yours sincerely,

Mrs J Callaway
Headteacher



Dear Parents/Guardians,

BikeRight! will soon be coming to your child's school to run a Bikeability course which your child has the opportunity to take part in. Listed below are details of the course and what your child will need to be able to take part.

Dates of the course:

Consent form (below) must be returned by:

What is Bikeability? An introduction to cycling as an everyday, fun, healthy activity and an alternative mode of transport.

How much will it cost? - Nothing! The course is funded by Department for Transport grants, and offered [by your Local Authority and Merseytravel](#).

What will my child need?

- **A signed consent form – please use the form below.**
- **A Road worthy bike and helmet**
- **Appropriate clothing.** It is important, especially during the cooler months, that children wear gloves and warm, dry clothing as they will be outside for 2 hours.
- **The ability to ride a bike unaided.**

How is the Training delivered? - BikeRight's qualified instructors, who all hold current Enhanced [Disclosure and Barring Service \(DBS\)](#) certificates, will deliver *two full days* of training consisting of 4 sessions of 2 hours. Courses are organised around a ratio of 6 trainees to 1 instructor. Children will not automatically take part in every session.

Where will the course take place? - The course will take place in the school playground and on local roads near to the school. We will carry out a risk assessment of the training areas before the start of the course. A copy of the risk assessment will be available at the school.



BikeRight! Bikeability Consent Form – Please complete and return by the above date

I give permission for my child to take part in a Bikeability cycling course. I understand that most of the training will take place on public roads, under supervision. I agree that my child can take part without any liability on the part of BikeRight! in respect of any injury or any loss or damage to property that is not caused by an instructors negligence.

Child's name			
School		Age	
Gender (Male/Female)		Year Group	
Relevant Medical Information			
Your name			
Emergency contact number			
Signed		Parent/Guardian (circle)	
Date			

Privacy and data security At BikeRight! we're committed to protecting and respecting your privacy. Our privacy policy explains when and why we collect personal information, how we use it, the conditions under which we may disclose it to others and how we keep it secure. Read our Privacy policy here: [www.bikeright.co.uk/for more/about us/privacy/](http://www.bikeright.co.uk/for_more/about_us/privacy/)

You may be contacted following your training session to help evaluate the project or provide updates about cycle training and other similar information. If you'd rather not be contacted, please tick here ☐

Photographs or video may be taken during the course, in order to document Bikeability training, and be used by the partners to promote cycling in advertisements, presentations, and on their websites. If you do not wish for your child to be included in these photos or videos, please tick here ☐

Bikeability is funded by a number of partners including Merseytravel, Knowsley, Liverpool, Sefton, St Helens and Wirral Councils, Department for Transport and delivered by BikeRight! If you have any queries or are interested in finding out more about TravelWise, BikeRight!, Bikeability, or the National Standard, please visit the website www.bikeright.co.uk



Merseytravel