



Lewis Cotton

South Derbyshire Active Schools Partnership
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Bikeability – Year 5 Cycle Training

Dear Parent/Carer,

Your child has been given the opportunity to partake in a 2 day Bikeability course at their school. Bikeability is designed to help children build confidence on their bikes whilst improving their cycling skills and bike control. It addresses road cycling safety, instructing children to ride on the roads correctly.

Your school's Bikeability course will be taking place on:

Monday 20th & Tuesday 21st May (Eagles & Ospreys Y5)

Wednesday 22nd & Thursday 23rd May (Sparrowhawks Y5)

Bikeability is delivered in 2 levels:

- **Level 1** – this takes place in the morning of day 1 and is based on the school playground. Level 1 focuses on learning how to complete a bike check, safely starting and stopping a cycle journey, practising bike control in different scenarios and emphasising how to be aware of your surroundings.
- **Level 2** – this takes place in the afternoon of day 1 and majority of day 2. Pupils will need to attend all of and successfully pass Level 1 to progress onto Level 2. Level 2 takes children out onto the local roads and focuses on road positioning, turning in and out of roads and emphasising how to be aware of the surrounding traffic environments.

Both Level 1 and Level 2 operate a 'pass or fail' protocol. This requires full attendance of each level to pass, as well as ensuring they meet the correct standard for the different manoeuvres which take place during each level. Unfortunately, should a child miss some of the 2 day course, they will be unable to pass either or both levels.

In order for your child to get the most out of the 2 day course, it would be helpful if they bring their own bike and helmet. If your child brings their own bike, it must:

- Have fully functioning front and back brakes (bikes with one set of brakes are unacceptable)
- Be appropriately sized to the rider
- Have correctly inflated tyres with no bold patches on the tyre

In order for your child to take part, please fully complete the consent form overleaf and return to the school as soon as possible. Should your child not have a bike and/or helmet, a limited number of bikes and helmets are available to borrow on the day. You must state this request on the consent form. **Please return the consent form to school by 12.4.19. Thank you.**

Finally, please ensure your child can competently ride a bike without assistance. Unfortunately, we are unable to teach and help children learn to ride a bike during the course. Should you have any further questions or queries, please contact either your school or myself on the contact details above.

Yours Sincerely,



Lewis Cotton

Active Schools Partnership Activator

Bikeability Participant Consent Form

Participant Details			
Forename:		Surname:	
D.O.B:		Gender:	
Address & Postcode:			
School:		Year:	
Emergency Contact Details			
Emergency Contact Name:			
Emergency Contact Number:			
Medical Information			
<i>Please specify any medical information, as this will help instructors cater for individual needs.</i>			
Does your child have any injuries, long term illness or health problems?			YES / NO
If yes , please specify (include medication):			
Does your child have any Special Educational Needs or Disabilities (SEND)?			YES / NO
If yes , please specify:			
Cycling Information			
Does your child require a bike ?	YES / NO	Does your child require a helmet ?	YES / NO
Can your child competently ride a bike, without assistance?			YES / NO
Photographic Consent			
<i>Photographs may be taken for social media, promotional materials and funding evidence purposes only.</i>			
Do you give consent for your child to be photographed?			YES / NO
Parent/Carer Consent			
<i>I give consent for my child to take part in a Bikeability course which will involve cycling on local roads under direct supervision from qualified instructors. I also give consent for instructors to make reasonable adjustments to my child's bike where necessary to ensure the bike is safe and roadworthy.</i>			
Name (PRINT):		Signature:	

Privacy Statement

The information requested on this form is required in accordance with our legitimate interest in order to provide the service. All personal information provided to South Derbyshire District Council of who are the host of the South Derbyshire Active Schools Partnership, will be held and treated in confidence in accordance with the Data Protection Act 2018. Our full Privacy Statement can be found on our website or a copy can be provided to you by a member of staff.