

Year 5 Bikeability Cycle Training (Provided by Pedal Power Training Ltd)

Dear Parent or Guardian

Bikeability cycle training is offered to all primary/junior schools. Training follows the National Standard and helps give children the skills and experience they need to cycle safely and confidently. Cycling is not only fun but can be a great way of keeping physically fit, it can be beneficial to our wellbeing, develop confidence and help us to become more independent.

Bikeability has three levels of training: - Level 1, Level 2 & Level 3

When will the training take place:

The training will take place in your child's school during the week beginning; - **Monday 16th November 2020**

All sessions will run during school hours and your child will be notified of their session start time by the school prior to the course.

Level 1 & Level 2 Training

Level 1 – training develops cycle handling skills in traffic-free environments

Level 2 – training develops skills for cycling on single-lane roads with simple junctions and moderate traffic

The first session will be Level 1 training only and will take place in the school playground. In this session riders will also be taught how to carry out a bike check and adjust their helmet and clothing. Cycle skills will be taught through fun activities. Riders will be assessed throughout the training session and the instructor will determine if the rider has the required control/skills to progress to Level 2 on road training. If they are not able to progress to Level 2 training, they will be told which skills need to be practised in preparation for the next available Level 2 course.

Level 1 - please allow your child to watch this short video. Bike handling skills will be covered at the end of the video.

<https://youtu.be/4s-nw64BnGE>

Level 2 - Please allow your child to watch this short video on Level 2. Activities instructed will be covered at the end of the video.

<https://youtu.be/1QVCvi6UUQ0>

Level 3 Training

Level 3 – training develops skills for cycling on complex, busy or fast roads and junctions sometimes with heavy traffic

Level 3 training is offered through secondary schools.

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The link below shows a short video on Level 3.

<https://youtu.be/QqgOrOXOqpU>

Please visit the Bikeability website <https://bikeability.org.uk> for more course related information.

Covid-19

Due to current restrictions, any rider wishing to take part in the Bikeability program, must be able to fit and adjust a helmet without assistance. Our instructors will be following strict guidelines to ensure rider safety in line with current government guidance. All cycle training will be delivered in line with current Covid-19 government guidance for schools. Riders and instructors will be 1m+ apart at all times, unless the need for First Aid is required and kept in their school bubbles.

If your child has their own Hi-Viz tabard, please can they bring this with them. Whilst helmets and bikes may be provided, helmets are strictly for use by one rider so please ensure you complete the form correctly.

What your child will need for each training session

If you would like your child to take part in the cycle training but they have not got a bicycle and/or helmet, it may be possible to borrow these from Pedal Power Training, alternatively you could arrange for your child to share with a friend. To borrow a bike and or helmet, please use the booking link below. The minimum seat height of Pedal Power bikes is 750mm.

- **A bike which is roadworthy and the correct size for them** - a bike check will be carried out on the day 1 and any bike which is not roadworthy will have to be fixed for your child to continue on the course (or a loan bike can be used). **A roadworthy bike must have the following as a minimum – 2 fully inflated tyres, with good tread, 2 working brakes, secure handlebars, with correctly fitting secure grips. Saddle must be secure.**
- **A cycle helmet** - this needs to be the right size and a good fit
- **Warm clothing** including **gloves** (sessions are between 1 and 2 hours and are outside).
- **Some wet weather clothing** e.g. a minimum of a shower or waterproof jacket, preferably some over-trousers too. The training will continue in light to moderate rain but will be suspended if there is a heavy downpour.
- **A High Visibility Jacket/Tabard/Vest**

There are a limited number of places available, so please use the link below to book your child on to a school course. If you do not wish your child to take part, please do not complete the link.

The closing date for the course will be Monday 2nd November 2020, so please ensure that you complete the booking before this date. Any late entries are not guaranteed to secure a place.

Please submit one response per child.

We will email to confirm your child's session times.

<https://forms.gle/YvncA5isxprVXu3V9>

We do hope you will register your child for this training, and we look forward to seeing them on their course.

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Donna Adamson

Pedal Power Training Ltd, part of The Hampshire Schools Cycling Partnership

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