



Parental Advice Leaflet Bikeability Level 1 & 2

PRE-COURSE ADVICE

What is Bikeability?

Bikeability is the national cycle training programme supported and funded by Active Travel England, 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 our Bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors. Visit www.bikeability.org.uk for more information.

Solihull Council aim to deliver Level 1 & 2 training to primary school children in years 5 and 6 over the course of a week. Bikeability Level 1 aims to develop cycle handling on the school playground and prepare riders for cycling on local roads, Level 2 will develop riders' skills and confidence for cycling on single-lane roads and simple junctions with mostly moderate motor traffic flows, preparing riders to deal with short journeys such as cycling to school or the local shops. To participate children should be able to ride a cycle unaided.



At Level 1 you will learn to:

- Prepare yourself and your bike for cycling
- Get on and off your bike without help
- Start off, pedal and stop with control
- Pedal along, use gears and avoid objects
- Look all around and behind, and control the bike
- Share space with pedestrians and other cyclists

At Level 2 you will learn to:

- Prepare for on-road cycling
- Start and finish an on-road journey
- Recognise typical hazards
- Let others know what you are about to do
- Know where to ride on the road
- Pass parked vehicles and side roads

How to prepare? Course information, what will your child need?

Your bike - [How to check a cycle](#) **Your helmet** - [How to fasten a helmet correctly](#)

Your clothing - wear whatever you would normally wear to school, but you must also be prepared for the weather. On cold or wet days, make sure that you have your coat and **gloves**, and an extra layer or two, with a change of clothes available, just in case. On warm sunny days make sure you have put on a good amount of **sun cream** at the start of the day and have a bottle of water.



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Dear PARENT/ GUARDIAN

Please read the following information before completing and returning to your child's school:

1. My child can already ride a cycle without stabilisers (cycle training may be refused if not)
2. It is my responsibility to ensure my child rides a roadworthy bike and if I am in doubt as to whether a cycle is roadworthy, I should seek the advice from a professional mechanic. The instructors will refuse to train my child if they deem their cycle to be unroadworthy
3. Instructors may at any time refuse to continue to train my child if their behaviour deemed unsuitable
4. I agree my child must wear a helmet which I will provide. The helmet should conform to current British Standards, be the correct size and in good condition, it should securely fasten.
5. I consent to the Bikeability instructor 'adjusting' my child's helmet if required
6. I agree that rider characteristics data (gender, ethnicity, pupil premium and special education needs or disability (SEND) of my child) will be shared by the school with Solihull MBC who will anonymise it after the course and send the anonymised data to the Bikeability Trust.
7. I agree to encourage my child to practice between each session and after the completion of training
8. Solihull Council will not be responsible for any injury
9. Solihull Council will not be liable for any loss or damage to the participant's cycle and other belongings

Data protection and privacy notice

- You can find the Council's Data Protection Policy here: <https://www.solihull.gov.uk/About-the-Council/Data-protection>
- You can find the Council's Privacy Notice here: <https://www.solihull.gov.uk/About-the-Council/Solihull-Council-Statement>

The specific purpose for collecting your child's personal data is as set out below:

Rider characteristics

Delivery of this cycle training is funded by Active Travel England via The Bikeability Trust, to access this funding training providers are required to collect and share data with the Trust. Information about rider characteristics (gender, ethnicity, pupil premium and special education needs, or disability (SEND) are shared in an anonymised format. This helps the Trust monitor Bikeability Cycle training is accessible by all children across England. Please see bikeability.org.uk/privacy-statement/ for further details.



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Consent form

For my child to take part in Bikeability, I confirm the following:	Tick
My child can ride a bicycle (without stabilisers) competently.	
My child is medically fit to take part in Bikeability.	
My child will bring a roadworthy bike or request a loan bike subject to availability	
My child will bring a helmet that fits securely	
My child will have weather appropriate clothing.	
My child is responsible for their own behaviour, and I understand that if my child's behaviour puts them at risk to themselves or others. cycle training may be refused	

I confirm that I have read all the information above and consent to my child (or the child for whom I take responsibility) named below participating in cycle training and related activities as well as riding on the public highway. I agree to the Council's terms and conditions for booking courses shown overleaf.

I am the parent/guardian of: -

Full Name of Child:	
School:	
School Year:	
Signature (parent/guardian):	
Print name:	
Date:	

Visit <https://bikeability.org.uk/bikeability-training/get-ready/> for more information