

Dear Parent/Carer of Year Six pupils,

Bikeability training has been booked with City of York's road safety team and your child has the opportunity to take part in a **Bikeability Level 1 and 2 Combined Cycle Training Course** during school time.

The training this year will be on Wednesdays 7th, 14th, 21st, and 28th of November

Level 1 will be delivered in the school playground and covers basic cycle handling skills. Level 2 will be delivered on quiet, risk assessed, roads near to the school. Progression to Level 2 will only take place once the trainers are satisfied your child is ready to cycle on the road, is capable of controlling their bicycle, and has met the Level 1 Outcomes. This is to ensure their safety.

The combined L1 & L2 course is a total of 8 hours tuition, split into 4 x 2 hour sessions.

During the training your child will learn about preparing for cycling, a simple bike check, road positioning, how and when to signal their intentions to other road users, recognising hazards, priorities of traffic and general road awareness. The course is designed to teach them how to deal with traffic on short journeys such as cycling to school.

Children are continually assessed throughout the course and are awarded a badge and certificate for each level. The instructors will write any relevant comments on the reverse of the certificates and will highlight any areas they feel your child would benefit from extra practise.

There are numerous benefits to cycling for adults and children and by taking part in the Bikeability training scheme your child will gain valuable experience and confidence for making journeys by cycle on public roads as well as the start of life long learning of being a road user.

To take part in the training the following should be noted:

- Your child will require a roadworthy bike of the correct height with working brakes
- Appropriate clothing should be worn for the time of year the training takes place
 - Warm layers/coats and gloves during cold weather
 - Waterproofs or a change of clothes are advisable during wet weather
 - Sun protection should be provided during the summer
- A Hi Viz top will be provided for all trainees to use for the on road sessions
- The wearing of cycle helmets is left to the discretion of the parents/carers or the school policy
- If you require your child to wear a helmet during training please indicate this on the consent form

Further information on the Bikeability levels can be found on www.bikeability.org.uk

Training will go ahead in all weathers unless the trainers feel it is unsafe to train. As weather conditions can change rapidly a decision to postpone the training may, on rare occasions, be made at very short notice. Should training be postponed it will be rearranged as soon as possible and you will be notified by the school.

It is important you recognise that the training received by your child is basic on road training and that it is your responsibility to supervise your child on the road until you are satisfied that they are capable of cycling independently.

Please sign and return the consent form to the school. No child will be allowed to take part in the training unless a signed consent form is received.



Parent/Carer Consent Form

City of York Council Bikeability Training Level 1 and 2 combined

The training this year will be on Wednesdays 7th, 14th, 21st, and 28th of November

PLEASE READ AND SIGN THE FOLLOWING DECLARATION AND RETURN THIS FORM TO YOUR CHILDS SCHOOL

I have read and understood the letter to parents/carers. I will check my child's cycle prior to the first session to ensure that it is roadworthy and of the correct height.

I understand that the Level 2 training is on public roads and that my child will only progress to level 2 if they reach the required standard for Level 1. My child will wear a high visibility tabard during the training and they will be supervised at all times.

I understand CYC leaves the decision about wearing cycle helmets to the school policy or the parent/carers.

I wish my child to wear a cycle helmet whilst training YES NO (please circle)

Please see websites www.bhit.org, www.bhsi.org or www.cyclehelmets.org for further information.

If you have any questions about the course please do not hesitate to contact Lynne Thomas, Road Safety Training coordinator, on 01904 555579 or email cycle.training@york.gov.uk. You can also visit the Bikeability website – www.bikeability.org.uk

Parents are welcome to observe the training at all times.

Please complete in block capitals.

Your child's name: _____ Date of Birth: _____

School currently attended: _____ Year Group: _____

Your name: _____ Daytime telephone number: _____

If your child has a condition, medical/behaviour/learning that the trainers should be aware of please note below -

Signed _____ Date _____

All information is treated with confidence and held in compliance with the Data Protection Act 1998.

If you are interested in further information on cycle training offered by City of York Council, please ring the Road Safety team 01904 555579 or e-mail cycle.training@york.gov.uk

