

BIKEABILITY PARENTAL CONSENT FORM

Bikeability training has been booked with City of York's road safety team and your child will have the opportunity to take part in a **Bikeability Level 1 and 2 Combined Cycle Training Course** during school time. The training is delivered by qualified National Standard Instructors who are DBS cleared and are covered by City of York Council Insurance. Instructors are registered with The Bikeability Trust and have a unique Instructor Identification Number. If you would like to check the identification number of a trainer please contact The Bikeability Trust, ideaSpace City, 3 Laundress Lane, Cambridge, CB2 1SD. e: contactus@bikeability.org

WHAT IS BIKEABILITY? Bikeability is the national cycle training programme supported and partly funded by the Department for Transport. The course builds the skills and confidence of children who can already ride. 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 of our Bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors. Visit www.bikeability.org.uk for more information



Level 1 takes place in an off road environment and teaches riders how to control and master their bikes



Level 2 gives participants on-road experience in residential traffic to help them prepare to make short journeys by bicycle



Level 3 teaches individuals the skills to ride effectively on more complex roads and in further challenging traffic situations



COURSE INFORMATION	WHAT WILL YOUR CHILD NEED?
<p>Bikeability Level (s) – Level 1 & 2 Combined</p> <p>Number of sessions – 4 x 2 hour sessions</p> <p>Dates - to be advised by the school</p> <p>Cost – Bikeability Training is offered free of charge. However if your child's place is cancelled at short notice without a valid reason you may be charged for the full cost of the training course</p>	<ul style="list-style-type: none"> • A signed, completed consent form (see section overleaf) • A roadworthy bike without stabilisers (see checklist overleaf) • A helmet if required • Suitable clothing for the weather conditions

FURTHER INFORMATION FOR PARENTS This course develops the cycling skills and confidence of children who can already cycle. Please ask your school about Bikeability Balance and Bikeability Learn to Ride if your child can't already cycle. To benefit from Bikeability, your child must attend every session and practice what they learn after training. Bikeability skills and confidence will be lost without regular cycling. Bikeability engenders enthusiasm while building skills and confidence to cycle more safely, more often. Please support and encourage your child to continue cycling after training.

HOW TO BOOK Bikeability places may be limited and places will be booked on a first come basis. Please complete and return a consent form (see overleaf) to school as soon as possible.

PARENT/ GUARDIAN – CONSENT FORM

Please read the following information before completing and returning the consent slip to your child's school. I understand that:

1. I agree to my son/daughter taking part in cycle training
2. My son/daughter can already ride (may be refused if not)
3. 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.
4. I agree my son/daughter child will wear a high visibility tabard during the training
5. The instructors may refuse to train my child if they deem his/her cycle to be unroadworthy
6. It remains my responsibility to ensure my child does not ride an unroadworthy bike and if I am in doubt as to whether a cycle is roadworthy I should seek the advice of a professional mechanic
7. Instructors may at any time refuse to continue to train my child if his/her behaviour or cycling ability is deemed unsuitable
8. City of York Council will not be responsible for any injury or liable for any loss or damage to participant's cycles and other belongings'
9. I understand CYC leaves the decision about wearing cycle helmets to the school policy or the parent/guardian
10. I consent to the Bikeability instructor 'adjusting' my child's helmet if required, however I confirm they are not responsible for the physical condition or appropriate fitting of the helmet
11. I understand that pupil data collected will be used to support the delivery and monitoring of training sessions/courses. See bikeability.org.uk/privacy-statement/ for further details.
12. I agree to encourage my child to practice between each session and after the completion of training
13. I give permission for the cycle training to be on a one-to-one basis if necessary and understand I can attend the training session with my child.

Full Name of Child:			
School:			
School Year:			
I require my child to wear a cycle helmet: Are there any medical/ educational needs we need to be aware of?:	YES	NO	(Delete as required)

If you are happy for your child to be photographed and/or filmed to help promote Bikeability, please tick here ☐

I confirm that I have read all the information enclosed and in the 'Parental Consent Form' and consent to my child (or the above child for whom I take responsibility) to take cycling lessons and related activities, which may include cycle maintenance as well as riding on the public highway. I understand that this information is retained by my child's school and used to ensure my child is eligible to undertake Bikeability training

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.

Any feedback on the training delivery would be appreciated and can be submitted to the Road Safety Team on the contact details below.

Please make sure your child has appropriate clothing for the weather conditions.

Signed (parent/guardian) :			
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

Please check your child's bike prior to the start of the Bikeability training course to make sure it is roadworthy.

Pre-course bike safety check

Visit Halfords online safety check www.halfords.com/cycling/bike-maintenance/care-plans/free-bike-check

Remember your...

A

AIR

B

BRAKES

C

CHAIN

before every ride

