

Tuesday 17<sup>th</sup> January 2017



## Bikeability Cycle Training Course Information for Parents / Carers

Dear Parent / Carers,

Bikeability is the all-new cycling training scheme for the 21<sup>st</sup> century. Many adults will remember doing their 'Cycling Proficiency' when they were at school. The new 'Bikeability' training scheme is an up to date version of the old Cycling Proficiency course and is designed to give the next generation the skills and confidence to ride their bikes on today's roads. For more information please visit [www.bikeability.org.uk](http://www.bikeability.org.uk)

At your child's school pupils have been given the excellent opportunity to receive FREE Bikeability **Level 1** cycle training. This training will be delivered by 'Cycle Training UK Ltd' on behalf of Ealing Council. The course will now take place on the following date:

**Wednesday 8<sup>th</sup> February 2017**

**If you would like your child to take part, it is very important you return the enclosed consent form to the school by Wednesday 25<sup>th</sup> January 2017. There are only 20 spaces so it will be on first come- first served basis.**

**The training meets National Training Standards and all instructors are fully qualified and CRB checked. All young people are encouraged to take part and they will need their own (2 wheel – no stabilisers) bikes and, should their parents wish, helmets (but the consent form must be ticked appropriately). Adjustments can be made to the bike and helmet to make it fit properly but only up to a certain point. A poorly fitted bike or helmet could mean your child won't be able to take part.**

The course will consist of:

**Session 1** will be playground-based and will cover all aspects of Level 1 Training. This will include bicycle roadworthy checks and an assessment of riding skills.

This includes riding one handed (to signal), looking behind and emergency stops and swerves. Pupils don't already need these skills – we'll work with them to help them achieve it but they should be able to ride a bike well and not be wobbly. We can't take beginner or very wobbly cyclists. (Please note that the training course is designed to **improve** cycle control, **not teach** children to ride).

Your child will receive Bikeability reward materials (badges and/or certificates) upon *successful* completion of the course.

Yours Sincerely,

Miss K Moyse on behalf of Bikeability  
Head Teacher