



Friday 8<sup>th</sup> September

Dear Parents/Carers

BikeRight! will soon be coming to your child's school to run a Bikeability course which your child has the opportunity to take part in. Listed below are details of the course and what your child will need to be able to take part.

**Dates of the course:**

5CD- Monday 25<sup>th</sup> & Tuesday 26<sup>th</sup> September 9:00am - 3:30pm

5PS- Wednesday 27<sup>th</sup> & Thursday 28<sup>th</sup> September 9:00am - 3:30pm

5CC- Friday 29<sup>th</sup> September & Monday 2<sup>nd</sup> October 9:00am - 3:30pm

**Consent form (overleaf) must be returned to the school by: Monday 18<sup>th</sup> September**

**What is Bikeability?**

Bikeability is the new Cycling Proficiency for the 21st century. It's designed to give the next generation the skills and confidence to ride their bikes on today's roads. We will teach children to ride a bike to National Standards and introduce them to cycling as an everyday, fun, healthy activity and an alternative mode of transport.

**How much will it cost?**

Nothing! The course is funded by your Local Authority and Department for Transport grants.

**What will my child need?**

- **A signed consent form – please use the form overleaf.**
- **A Helmet**
- **A bike which is road-worthy.** Please follow the simple guide below to check whether your child's bike is suitable.
- **Appropriate clothing.** It is important, especially during the cooler months, that children wear gloves and warm, dry clothing as they will be outside for 2 hours.
- **The ability to ride a bike unaided.**

**If your child does not own a bike or helmet please inform your teacher so they can be provided.**

**Please note that children cannot take part if their bikes are considered unsafe.**



### How is the Training delivered?

BikeRight's qualified instructors, who all hold current Enhanced [Disclosure and Barring Service \(DBS, formerly CRB\)](#) certificates, will deliver *two full days* of training consisting of 4 sessions, each lasting 2 hours. Courses are organised around a ratio of 6 trainees to 1 instructor.

### Where will the course take place?

The course will take place in the school playground and on local roads near to the school. We will carry out a risk assessment of the training areas before the start of the course. A copy of the risk assessment will be available at the school.

## **BikeRight! Bikeability Consent Form**

**Please complete and return to school by Monday 18<sup>th</sup> September**

I give permission for my child to take part in a Bikeability cycling course. I understand that most of the training will take place on public roads, under supervision. I agree that my child can take part without any liability on the part of BikeRight! in respect of any injury or any loss or damage to property that is not caused by an instructors negligence.

**BikeRight! is not responsible for your child's journey to and from school with their bike.**

<b>Child's name</b>			
<b>School</b>		<b>Age</b>	
<b>Gender (Male/Female)</b>		<b>Year Group</b>	
<b>Relevant Medical Information</b>			
<b>Your name</b>			
<b>Emergency contact number</b>			
<b>Signed</b>		<b>Parent/Guardian (circle)</b>	
<b>Date</b>			

Photographs and/or video may be taken during the course to document events and activities, and for promotional purposes.

If you do not wish your child to be included in photos or video please tick here

You may be contacted following your training session to help evaluate the project or provide updates about cycle training and other similar information. If you'd rather not be contacted, please tick here

If you have any queries or are interested in finding out more about BikeRight!, Bikeability, or the National Standard, please visit our website – [www.bikeright.co.uk](http://www.bikeright.co.uk)