



Dear Parent / Guardian

**RE: Bikeability Level 1**

We are very pleased to inform you that your child will be receiving Bikeability Level 1 training from instructors at Aspire Sports. The training will be taking place at school on the following dates:

## 25th & 26th March 2020

'Bikeability' is a cycling proficiency test designed to give pupils the skills and confidence to cycle in a safe manner. Level 1 Bikeability is delivered in a traffic-free environment (i.e. the school playground) whereas Level 2 includes 'on-road' tuition, this element of the training is essential. Accredited instructors will supervise the group throughout each stage of the training and ensure that all the appropriate safety precautions are being taken. For further information visit [www.bikeability.org.uk](http://www.bikeability.org.uk)

The instructors will aim for all participants to achieve their Level 1 award. It is worth noting that whilst every care will be taken to ensure the safety of the participants, our insurance does not cover personal accidents, nor can we accept responsibility for the actions or behaviour of participants.

It is a prerequisite for Bikeability Level 1 that the participant should already be able to ride a bicycle with good control and balance. We ask all participants to provide a suitable, roadworthy bicycle. There is a bicycle checklist enclosed, please refer to this for guidance on what we deem a suitable, roadworthy bicycle to be. All participants should always provide and wear an appropriate cycle safety helmet whilst undertaking this training and your child must be provided with appropriate clothing which is in line with the weather conditions (this includes cold and wet weather).

The instructors will provide high visibility waistcoats which must also be worn. Before we can accept participants onto this Bikeability course we ask the following:

- **The below consent form is signed and returned to school.**  
Please note that we will not permit pupils to take part unless we have a signed parent consent form.
- Suitable clothing and footwear is provided (not school uniform). We suggest sports clothing, warm tops, hat, gloves and waterproof clothing. In hot weather, we advise loose light clothing and sun cream is provided.
- A drinks bottle is provided.

Yours sincerely  
Adam Walton  
Bikeability Administrator



**Bikeability Parental Consent Form**    Week Commencing:

Participant Name \_\_\_\_\_ Age \_\_\_\_\_

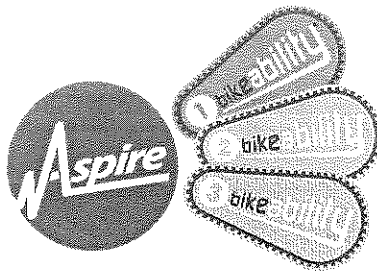
School \_\_\_\_\_ Class \_\_\_\_\_ Parent/Carer Name \_\_\_\_\_

Emergency Contact Number(s) \_\_\_\_\_

Medical Requirements (if applicable) \_\_\_\_\_

- I have read and understood the information contained within the parent letter
- I will ensure my child's bicycle is in a roadworthy condition prior to each training session (refer to 'M' check)

Signed \_\_\_\_\_ Date \_\_\_\_\_



Essential information for parents -

# Preparing for Bikeability

## What is Bikeability?

There are three Bikeability levels, each designed to improve cycling skills, no matter what is known already. Levels 1, 2 and 3 take trainees from the basics of balance and control, all the way to planning and making an independent journey on busier roads.

## Before Bikeability Training

### Can my child start Bikeability Level 2?

If your child has been awarded Bikeability Level 1 or already does a lot of cycling and has a good grasp of the basics, they can go straight to Level 2. Our Bikeability instructor will check that the level is appropriate for your child at the beginning of the course, making sure that they can demonstrate the skills from the previous levels. If they cannot, your child's safety is paramount and they will not be allowed to continue with the course.

### Before your child starts a Level 2 course they must be able to do the following:

- Know how to prepare yourself and your bike for cycling
- How to get on and off your bike without help, start off, pedal and stop with control
- Pedal along, use gears (if applicable) and avoid objects
- Look all around and behind, and control the bike
- Share space with pedestrians and other cyclists
- Be able to signal whilst keeping control of the bike

## What does my child need to take part in Bikeability?

Your child will need a bike which is in a roadworthy condition to take part in Bikeability. The Highway Code's 'Rules for Cyclists' gives some pointers as to what condition is expected for on-road cycling, but, as a guide we have provided a bicycle checklist, the 'M-Check', overleaf. We highly recommend that you spend some time checking this with your child prior to their training. Instructors will show children how to check their bikes at the start of the first session, and will ensure that your child's bike is safe for them to complete the training on.

## What should my child wear to take part in Bikeability?

Your child may wear their normal clothes, suitable for the season and weather. In colder months, warm layers and gloves are recommended. All participants must provide and wear an appropriate cycle safety helmet and Aspire Sports will provide children with high visibility tabards which they must wear.

## What kind of bike does my child need to take part in Bikeability?

Your child will need a bike which is in roadworthy condition. The Bikeability provider may be able to arrange for your child to borrow a bike for the training, but please check with your child's school first.

BMX bikes are permitted in most circumstances so long as the bike has two working brakes, and provided the bike has not been adapted to the extent that it is no longer suitable for use on the road. To be considered 'roadworthy', all bikes must be equipped with at least one braking system, and bikes with a saddle height over 635 millimetres must be fitted with front and rear brakes. The only exception to this rule is a fixed wheel bike; these bikes don't have to have a rear brake.

The instructor leading the Bikeability session will have the final say on whether your child's bike is safe for them to complete the training on, but allowances will be made wherever possible.

## My child has additional needs.

### Can they participate in Bikeability?

Yes. Most children with additional needs should be able to take part in Bikeability training with their peers. Instructors make every effort to integrate any special needs requirements into their mainstream courses and we expect your school to ensure Aspire are aware of any additional needs in advance of the programme.

## During Bikeability Training

### My child is absent from school and will miss Bikeability. What can I do to make sure they can still take part?

If your child misses one of their Bikeability sessions it is likely that they can still take part in future sessions with the rest of their group, but they might not be able to complete all of the outcomes at their level and pass Bikeability 2, because they won't have had the opportunity to practise everything the group has been taught.

### What happens in the event of poor weather?

Bikeability training will usually still take place in the event of poor weather – the training is supposed to reflect what it is really like to cycle on today's roads, and rain, drizzle and cold are very realistic conditions! For this reason, your child should wrap up warm in the colder months and wear waterproof clothing if rain is likely.

The lead instructor will decide if training should go ahead in the event of very poor weather. Training might finish early if conditions become too cold or wet during the session. If training does not take place the session will be rescheduled with the school.

## After Bikeability Training

### What will my child receive when they have completed Bikeability 2?

Children who successfully complete Bikeability 2 are awarded a badge and certificate.

### My child has completed Level 2. What next?

Bikeability is the gateway to all kinds of fun experiences by bike – the training is just the start! If your child is interested in cycling and wants to do more, they might want to join a local cycling club for BMXing, mountain biking, racing, or touring. Look out for local publicity for such groups. A great way to practice the training that your child has received during Bikeability is to try cycling as a family, or let them cycle by themselves to school, to the local shops, cinema or swimming pool.

Level 3 training is recommended for older children who would like to learn how to ride in different and more challenging traffic situations.

### My child didn't pass Bikeability. What happens now?

Don't be disappointed, your child should have been given some feedback from their Bikeability instructor on areas that they need to do a bit more work on. It is recommended that you discuss these with your child so that they can be clear on how they can improve their skills and confidence. You might be able to help your child practice these areas, or you might want to ask a Bikeability scheme for some extra tuition.

Holiday catch-up or refresher courses might take place in your local area – look out for updates on our social media. (Twitter: AspireSportsUK Facebook: AspireSports)

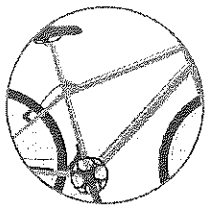
### How do I make a comment, complaint or suggestion about Bikeability?

We welcome all feedback about Bikeability. If your comments are in relation to training that is about to take place or has already taken place, please contact Aspire, via 0121 663 1979 or paul.warner@aspire-sports.co.uk

# Bicycle Checklist

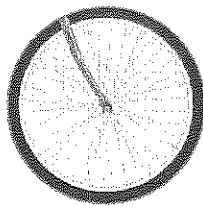
## (M-Check)

The bicycle must be clean, roadworthy and of a suitable size for the rider. The following checks should be undertaken at home prior to each cycle journey and before each training session. Only carry out necessary adjustments or repairs if you know what to do. If you are unsure, take the bike to a reputable bike shop for help and advice.



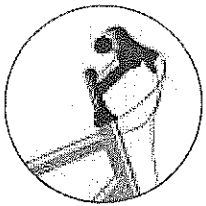
### Fitting

- When sitting on the saddle, the rider should be able to touch the ground on both sides
- The rider's knees should not be able to touch the handlebars
- The seat and handlebars should not be raised above their safe limits. There will be a marking on the seat or handlebar post if so the handlebars are too high



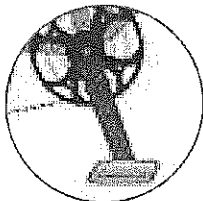
### Wheels and Tyres

- The wheels should not wobble from side to side.
- Spin each wheel, check they are not wonky and do not bulge out in a certain place. Tip: This check is easier if you turn the bike upside-down
- The tyres should not be too worn or have any cracks showing
- Ensure sure the tyres are fully inflated



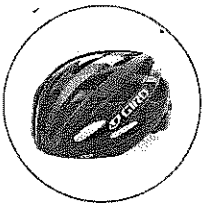
### Steering

- The handlebars should turn smoothly without getting stuck
- The handlebars should be in line and not twisted



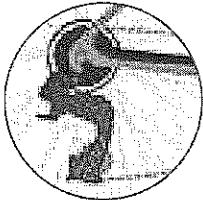
### Pedals

- Flick the pedals - they should spin freely
- Hold the crank (the arms which hold the pedals), check that they do not wobble



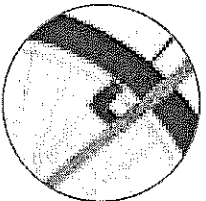
### Helmet

- The helmet must fit securely. When adjusted correctly there should not be space to put more than two fingers between the chin and the strap



### Gears and Chain

- The gears should change easily. It is dangerous to have a bike that could jump out of gear without warning
- Make sure the chain is well oiled and not so slack that it jumps when pedalled hard



### Brakes

- Check that the right-hand brake lever works the front brake. Roll the bike forward while standing beside it, and pull the front brake. The back wheel should lift off the ground
- Check that the left-hand brake lever works the back brake. Roll the bike backward while standing beside it, and pull the back brake. The front wheel should lift off the ground
- Check that the brake pads (the rubber blocks that grip the wheel) touch the metal rims of the wheels and not the tyres

### Accessories

- Check that any bags are securely fixed and don't get in the way of wheels, legs, or any lights
- The bike must have a rear reflector - it is a legal requirement at night, along with a front and rear light

