



Dear Parent/Carer,

Wiltshire Council Road Safety team is offering Bikeability training for pupils at this school. Regular cycling, whether for transport, sport or just for fun can improve physical and mental health and give young people skills for life. Cycling offers low-cost and independent travel for young people and their families and helps to reduce traffic congestion which means greater road safety, air-quality and community benefits.

### WHAT IS BIKEABILITY?

Bikeability is the national cycle training programme, supported and funded by Active Travel England on behalf of the UK Government.

All Bikeability training is delivered by professional, nationally qualified and DBS-checked instructors and takes place at risk-assessed locations. Visit [www.bikeability.org.uk](http://www.bikeability.org.uk) for more information. All registered Bikeability providers must follow national guidance when delivering Bikeability training. Wiltshire Council has all necessary Bikeability policies, risk assessments and procedures in place (copies available on request).

The **Bikeability Level 1** course helps children become more skilled and confident in riding their bikes in the playground and gets them ready for cycling on the road. Your child will learn how to:

- **Maintain their cycle:** make sure their ride is in good condition and make simple repairs.
- **Glide:** smooth, calm and collected.
- **Control their bike:** including setting off, cruising, slowing down, braking and stopping.
- **Pedal:** without feeling wobbly or out of control, even if riding one-handed.
- **Be aware of their surroundings:** looking behind and turning around obstacles.



**Riders must be able to ride a bike already (pedal and glide) to take part in this training.**

The **Bikeability Level 2** course aims to improve riders' skills and confidence for cycling on local roads and simple junctions without too much traffic. Content includes how to:

- **Start and stop** with more confidence.
- **Pass stationary vehicles** parked on a road.
- **Understand the road:** signals, signs and road markings.
- **Negotiate the road:** including quiet junctions, crossroads and roundabouts.
- **Share the road** with other vehicles.



**All the riders will have to show they can do everything at Bikeability Level 1 before they can go on the roads.**

We encourage riders to go on to **Bikeability Level 3** training to learn about more challenging road situations, such as busier roads or more complex junctions. Courses may take place at secondary schools or during school holidays.

Bikeability teaches riders to make independent decisions and practise safe and responsible cycling, by:

- **Making good and frequent observations**
- **Choosing and maintaining the most suitable riding positions**
- **Communicating intentions clearly to others**
- **Understanding priorities on the road, particularly at junctions.**

Bikeability places are limited and will be booked on a first come basis.

Course dates	9 <sup>th</sup> & 10 <sup>th</sup> December <b>OR</b> 11 <sup>th</sup> & 12 <sup>th</sup> December
Bikeability Level(s)	<b>Level 1 &amp; 2</b>
Year Group	<b>Year 6</b>
Cost (subsidised by Active Travel England)	<b>£6.34 per child</b>

Support may be available to help with the cost of training– please ask at your school.



**HOW TO BOOK:**

If you would like your child to take part in Bikeability, please follow this link to book a place:

<https://consent.bikeability.org.uk/small-its-roger>



If you do not have internet access, please ask for a paper form from your school.

- Please tell us about **any** additional needs for your child (physical, medical, learning or other) that we need to be aware of before training starts.
- If you think your child may benefit from extra support before or during training, please ask their school to speak to the instructor (or contact us direct) **well in advance** so we can make appropriate arrangements.
- We can provide a loan cycle for training if you do not have one available. Please tell us on the form so we can arrange this in good time.
- We will ask you for information about your child's gender, ethnicity and if they are eligible for Pupil Premium. This information is used by Active Travel England who fund Bikeability and by Wiltshire Council to monitor delivery of the programme and ensure that everyone has fair access to training. The data is collected and analysed across the whole training programme and does not identify individuals. There is an option on the form if you would prefer not to say.
- All other personal information about your child that you provide is only used to provide appropriate training for your child and is deleted once training is complete. You may choose to opt in to future communications from the Bikeability Trust who govern the national programme.

**For your child to take part in this course you will need to provide and check the following:**

**Riding skill** – your child must be able to ride unassisted, without stabilisers to take part in Bikeability. It really helps if they can already ride one-handed and keep a straight line, but they will practice this on the playground during Level 1 training.



## BIKEABILITY TRAINING

If they need extra help, please let us know on the form and we will do everything we can to support them to take part.

**The cycle** - make sure the cycle is the right size for them and is in good working order, with the tyres inflated and the moving parts working well. If you need to take it to a repair shop before-hand, don't leave it to the last minute!



- 1 Make sure your saddle, handlebars and wheels are fixed on tight
- 2 Ensure both your front and rear brakes work properly
- 3 Run through all of your gears
- 4 Clean and oil your chain regularly
- 5 Check your tyres are pumped up

### REMEMBER YOUR



AIR      BRAKES      CHAIN

BEFORE EVERY RIDE

If your child uses an adapted cycle or tricycle because of disability or medical needs, that's fine – just let us know on the booking form.

**Helmet** – their cycle helmet should sit comfortably and level on their head, (not too tight or too loose), with the peak sitting about two fingers width above your eyebrows. The side adjusters should sit just below your ears with the straps forming a nice 'V' on the side of your head, and the chin strap should allow for one finger to fit between it and your chin.

**Clothing** – they should wear comfortable clothing that allows them to ride easily, including shoes that fit securely, such as trainers. Be prepared for the weather to change! On cold or wet days, make sure that they have a warm and waterproof coat, gloves, and an extra layer or two. On warm, sunny days they should use suncream and bring a bottle of water.

**Important cycle, helmet and clothing guidance is available at [Bikeability.org.uk](https://www.bikeability.org.uk) | [Cycle training FAQs](#)**

Wiltshire Council does not maintain any personal accident cover and is only insured against its legal liability to third parties if they are injured or their property is damaged during any cycle training organised and approved by the Council. Parents/carers of pupils participating in cycle training are advised to make their own arrangements to insure their children against personal accident, loss or damage to their cycles or other personal effects.

If you have any questions regarding **Bikeability training in Wiltshire**, please contact the Road Safety team at [bikeability@wiltshire.gov.uk](mailto:bikeability@wiltshire.gov.uk) or **01225 713700**

If you want to find out more about Bikeability in general, visit [www.bikeability.org.uk](https://www.bikeability.org.uk)