



Dear Parent/Carer,

Level 1 Bikeability Course

I write to give you details of the above course and to ask you to return the enclosed Application/Parent Consent Form if you wish your child to take part.

Bikeability is the new cycle training for the 21st century, designed to give the next generation of children the skills and confidence to ride their bikes on today's roads. To get their Bikeability award, children will be instructed on how to ride their bikes to the Government-approved National Standard for Cycle Training, which sets out the training and skills essential for making cycling trips in today's road conditions. More information for parents and participants, including additional resources, advice and offers is available on the Bikeability Participants Hub at:

<https://bikeability.org.uk/participants-hub/>

Level 1 Bikeability takes place in a traffic free environment, usually the school playground. By completing Level 1, your child will be able to demonstrate the skills and understanding to be able to make a trip and undertake activities safely in a motor traffic free environment. **To participate in Level 1 training, your child must be able to ride their bike (without stabilisers*) with basic control and balance whilst pedalling.** They should be capable of changing direction and stopping. It is important to stress that this training is not suitable for children who cannot yet ride a bike. *(If your child cannot yet ride, we may be able to offer a learn to ride session but please speak to the school in the first instance who will need to discuss this option with us.)*

You must also ensure that your child's bike is roadworthy; the enclosed bicycle checklist will help you. The first step to safer cycling is to ensure that bikes are regularly checked and children doing Level 1 Bikeability will be shown what to look out for and some simple maintenance checks. *Covid-19 precaution measures mean our instructors will limit close contact they have with those they do not usually live with, including children participating in Bikeability, their bikes and helmets. It is essential, therefore, that your child's bike is in good working order and that your child knows how to fit and adjust their own helmet. In very exceptional circumstances, our instructors may have to deny participation if a cycle is considered un-roadworthy or unsafe.*

J Phillips
Road Safety
Manager,
People Directorate,
Countryside Centre,
Wildwood Drive,
Worcester.
WR5 2LG

Checklist for training

You and your child will need to ensure that they are adequately prepared for their training. You should ensure that:

- Saddle and handlebars are adjusted to the correct height.
- Brakes are functioning.
- Tyres are pumped up with no punctures.

It is also important that your child is dressed appropriately for the training:

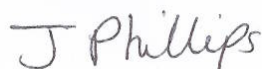
- It is a requirement that your child wears a properly fitted, undamaged and approved cycle helmet throughout the scheme.
- Think about the weather – if it's raining you should ensure that your child has waterproof clothing with them. In high heat/UV please ensure they are protected.
- Ensure your child is wearing shoes with a closed heel and toe.

Once your child has completed the level of their Bikeability, they will receive a luminous badge, booklet and certificate.

Bikeability is about improving children's cycling skills, confidence and abilities and equipping them with the necessary skills and knowledge needed to ride a bike safely throughout the rest of their life. It's also about introducing them to cycling as an everyday activity – an alternative mode of transport, an enjoyable pastime, which brings a healthier lifestyle and ultimately lots of fun. Bikeability will give your child a life skill that once they've learnt, they will never forget.

If you have any questions about this training, please do not hesitate to contact us at Bikeability@worcestershire.gov.uk . We would also welcome your feedback after completion of the training.

Yours sincerely,



Jacqui Phillips
Road Safety Manager (Bikeability)

Stabilisers. In certain circumstances, where children require special adaptations to their bike, they will be encouraged to participate in Level 1 training with prior agreement of the instructors.