

16th October 2017

Dear Parent/Carer,

Bikeability training has been booked with City of York's road safety team and your child will have the opportunity to take part in a **Bikeability Level 1 and 2 Combined Cycle Training Course** through school. **This is being offered to all children in Year 5 and those children in Year 6 who did not complete this last year.** Level 3 training will be offered in the summer to all year 6 who have completed Level 1 and 2 this year or last year. Details of this will be sent nearer the time.

Bikeability training takes place during school time and is delivered as 4 x 2 hour sessions. The first 2 hour session will be Level 1, basic cycle handling skills; this takes place on the school playground. The remaining 3 x 2 hour sessions will take place on quiet roads near to the school which have been risk assessed. During these sessions your child will learn about road positions when cycling, the importance of good all round observations, how and when to signal their intentions to other road users, priorities of traffic at junctions and general road awareness.

To progress to Level 2 children **MUST** reach the required outcomes at Level 1 or they will not be taken on to the roads. This is to ensure their safety. It would help your child if they can practise riding with one hand off the handle bars and have good control of their bike before the start of the course.

To take part in the training your child will need a roadworthy bike of the correct height. When sitting on their bike they should be able to reach the ground with the balls of their feet.

During the course all children are continually assessed and awarded a badge and certificate on completion of the course. The instructors will write any relevant comments on the reverse of the certificate and will highlight any areas they feel your child would benefit from extra practise.

Further information on the Bikeability levels can be found on www.bikeability.org.uk

Trainees will wear a high visibility top for the duration of the training session. CYC leaves the decision about wearing cycle helmets to the school policy. School policy is that children must wear a cycle helmet for both L1 and L2 training so please ensure that they bring it to the sessions with their bicycles.

Children should have appropriate clothing for the time of year in which their training takes place. Sturdy footwear, tracksuit /jogging bottoms, warm tops/coats and gloves are advisable in cold conditions. Waterproofs are useful during wet conditions. Sun protection should be provided in the summer.

Training will go ahead in all weathers unless the trainers feel it is unsafe to train. As weather conditions can change rapidly a decision to postpone the training may, on rare occasions, be made at very short notice. Should training be postponed it will be rearranged as soon as possible and you will be notified by the school.

Bikeability training is provided free of charge. However if a place is booked but the child fails to take up their allocated place without good reason, the full cost of the training will be charged to the parent/carer via the school.

It is important you recognise that the training received by your child is basic on road training and that it is your responsibility to supervise your child on the road until you are satisfied that they are capable of cycling independently.

Training will take place on Thursday afternoons 9th, 16th, 23rd, 30th November. Please sign and return the consent form to the school by Monday 6th November. No child will be allowed to take part in the training unless a signed consent form is received.



Parent/Carer Consent Form

City of York Council Bikeability Training Level 1 and 2 combined

PLEASE READ AND SIGN THE FOLLOWING DECLARATION AND RETURN THIS FORM TO YOUR CHILDS SCHOOL

I have read and understood the letter to parents/carers. I will check my child's cycle prior to the first session to ensure that it is roadworthy and of the correct height.

I understand that the Level 2 training is on public roads and that my child will only progress to level 2 if they reach the required standard for Level 1. My child will wear a high visibility tabard during the training and they will be supervised at all times.

I understand that school policy is for children to wear a cycle helmet for the training.

My child has a cycle helmet to wear whilst training

Please see websites www.bhit.org, www.bhsi.org or www.cyclehelmets.org for further information.

I understand that if I book a place for my child and they fail to take up their allocated place without a valid reason I will be charged the full amount of the cost of their training.

If you have any questions about the course please do not hesitate to contact Lynne Thomas, Road Safety Training coordinator, on 01904 555579 or email cycle.training@york.gov.uk. You can also visit the Bikeability website – www.bikeability.org.uk

Parents are welcome to observe the training at all times. Please complete in block capitals.

Your child's name: _____ Date of Birth: _____

School currently attended: _____ Year Group: _____

Your name: _____ Daytime telephone number: _____

Does your child have a condition, medical/behaviour/learning that the trainers should be aware of?

Signed _____ Date _____

All information is treated with confidence and held in compliance with the Data Protection Act 1998.

If you are interested in further information on cycle training offered by City of York Council, please ring the Road Safety team 01904 555579 or e-mail cycle.training@york.gov.uk