

## Dear Parent,

Your child has the opportunity to take part in a practical cycle training course, delivered by Telford & Wrekin Council's Bikeability Team.

Bikeability is a national standard cycle training programme designed to give cyclists the skills and confidence to cycle in modern road conditions. Bikeability consists of three levels; this training will cover **Level 1 & Level 2 only**.

**Level 1:** Covers basic bike handling skills and is delivered in a traffic-free environment, such as a playground - **It is however essential that children who attend are able to ride the bike that they bring to the course**

**Level 2:** Taught on quiet roads but in real traffic conditions and covers simple manoeuvres, road sense and road positioning

**Level 3:** Covers more complex situations and equips the cyclist to handle a wide range of traffic conditions and road layouts

## Certificates

Children who take part will receive a certificate and badge stating the Level they have reached.



## The Bikeability Team...

Telford & Wrekin Council's Bikeability Team consists of qualified, DBS (Disclosure and Barring Service) checked instructors with experience in teaching and cycling. All of our courses adhere to the Bikeability national guidelines for ratios of instructors to cyclists. Every Bikeability lesson is taught by at least two instructors and the safety of trainees is of paramount importance. All of our courses are fully risk assessed and the training areas are specifically chosen to reflect the level of training and the experience of the cyclists. During the training your child will be riding their bike unassisted (but observed) on the public highway.

### Cycling Together

Why not start cycling together? Riding bikes is a great family activity and you can help support your child with their Bikeability training at the same time.

Choose a quiet place away from traffic - the park is perfect, and start by practicing looking back over your shoulder and giving hand signals whilst maintaining control of the bike. You could also help by showing them how to select the correct gear and use the brakes with control. Simply getting out and about on 2 wheels will improve your child's confidence. For more about cycling check out:

[www.goskyride.com](http://www.goskyride.com) [www.sustrans.org.uk](http://www.sustrans.org.uk)  
<http://bikeability.dft.gov.uk/>

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# TravelTelford



# Bikeability



## Cycle Training Course

# DENSO

## Crafting the Core

Bikeability within Telford & Wrekin is kindly sponsored by Denso



Bikeability is also part funded and administered by the Department for Transport



## Consent form - please complete and return to school

I confirm I have read this leaflet and give consent for my child to take part in the Bikeability cycle training scheme.

School: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Your name: \_\_\_\_\_

Sign: \_\_\_\_\_

If your child needs to borrow a helmet tick this box \* ☐

\* Helmets are subject to availability and requests must be received one week prior to the course start date.

### Medical Information

Does your child suffer from any condition requiring medical treatment including medication?

Is your child allergic to any medication?

Does your child have any special educational or physical needs?

Yes ☐ No ☐

If yes please give details

### Declaration

If my child's medical condition changes during the training period I will inform the school.

### Emergency contact

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Contact number: \_\_\_\_\_



Your child requires two things to take part in the Bikeability course:

1. A safe, roadworthy bike
2. A helmet

You can play a part in supporting your child with their Bikeability training by checking their bike before it is taken into school.

It's as simple as **A B C** - Air, Brakes and Chain...

**A** **AIR** - Check the air in the tyres and pump them up if needed. Check for damage and the depth of the tread.

**B** **BRAKES** Make sure both brakes are working and that they aren't worn or sticking.

**C** **CHAIN** The chain should be well oiled and not rusty.

**Important note: Two working brakes are required for all on road training**

## Helmets and clothes

Special clothing, other than a helmet, is not required. Clothing such as baggy trousers, long coats and skirts which might interfere with moving parts of the bike should be avoided. Suitable warm and flat footwear is advised.

The course will proceed in all but the worst weather conditions. **Warm gloves** and a **rain jacket** can sometimes make a big difference to the rider's enjoyment of the training.

### Does the bike fit your child?

Make sure that the saddle is just at the right height which should be at the level of your child's hips. The handlebars should also be adjusted to a safe height and should not be wobbly.

## Course information

The vast majority of our courses are run over four, two hour sessions. Your child will have the best chance of gaining the Level 2 Bikeability award if they complete all four sessions.

**If your child misses the first session they will be unable to continue on the course.**

If your child misses session 2 or 3 they will be able to continue, however, their chance of achieving Level 2 will decrease.

If your child misses the fourth session they will just receive the Level 1 Bikeability award.