

Information for Parents / Carers – Combined Level 1 & Level 2 Bikeability Course 26/27

WHAT IS BIKEABILITY?

Bikeability is the national cycle training programme funded by Active Travel England. Courses are designed to give participants the skills and confidence to make journeys on the road by cycle. All courses are delivered by fully qualified instructors who hold an Enhanced DBS and are Safeguarding and First Aid trained. For more information on Bikeability please visit bikeability.org.uk



Level 1 takes place in an off road environment and teaches riders how to control and master their bikes



Level 2 gives participants on-road experience in residential traffic to help them prepare to make short journeys by bicycle

***Please note that to take part in a Level 1 or Level 2 Bikeability course, children must be already able to ride a bike.**

Training is delivered on behalf of the school by Gloucestershire County Council, Shire Hall, Gloucester, GL1 2TG. (01452) 425926 bikeability@gloucestershire.gov.uk

HOW TO BOOK

Bikeability places are limited and places will be booked on a first come basis. Please book a place for your child through the QR code/link below as soon as possible so that we can assign groups. The absolute deadline is the **9th November.**

The form also has links to guides on checking your child's bike is roadworthy and the helmet fits properly. There is also a basic check at the bottom of this letter.



<https://cycleready.gloucestershire.gov.uk/Invitation/validate/87c3dced293541ea14ed08df1e3667d9.VH/erwWoZ/VpeKu99gQv/qgnvIK6hCt9PbaoUKNQuul=>

COURSE INFORMATION	WHAT WILL YOUR CHILD NEED?
- Bikeability Levels 1 and 2 - Dates –16th November – 26th November - Cost – £0 paid through the school's Sports Premium (usually £12.50 per child)	- A complete consent form (see below) - A roadworthy bike without stabilisers (see ABC checklist below) - A helmet - Suitable clothing for the weather conditions

Important Information

PRE-COURSE BIKE SAFETY CHECK

Before bringing your child's bike to school for the course please check the following:

Remember your...

A

Air

B

Brakes

C

Chain

before every ride

