

MAYESPARK PRIMARY SCHOOL

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Web: www.mayesparkprimaryschool.org.uk
Head teacher: Ms E Davies



15th May 2023

Dear Parents and Carers,

We have been given the excellent opportunity to provide free Bikeability training at Level 1 to our children in Years 3 & 4. The programme will take place over two dates: **5th & 6th June** and **7th & 8th June 2023**. This safe, structured and standardised programme is designed to make your child a more competent cyclist and prepare them for eventually cycling on the road.

In order to secure your child's place on this course, please make sure you read the information below and sign the consent form. Training will be carried out by Cycle Confident, the borough's cycle training provider, and will be delivered by 2 fully accredited National Standards cycling instructors with enhanced DBS checks.

The following information is provided by Cycle Confident and aims to answer any questions you may have.

Bikeability is the nationally recognised cycle training programme.

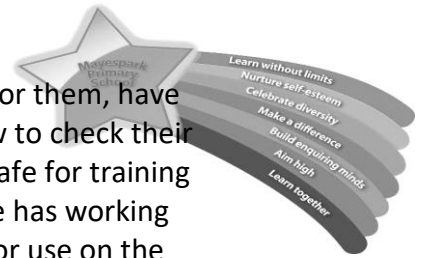
It's about acquiring the practical skills to cycle safely and with confidence on today's roads.

For children to participate in school Bikeability training, they must have basic riding skills (without stabilisers). Free individual training may also be available in your area and is a great way to get your child riding prior to the course commencing, so they can then participate. Check the Cycle Confident website at www.cycleconfident.com for details.

The children at Mayespark will be on the level 1 programme.

Level 1 is designed to give your child control over his / her bike and takes place in groups in a space away from traffic such as a playground or closed car park.





What does my child need to take part in Bikeability?

Your child will need a bike which is in a roadworthy condition, the right size for them, have pumped-up tyres and two working brakes. Instructors will show children how to check their bikes at the start of the first session and will ensure that your child’s bike is safe for training purposes. BMX bikes are permitted in most circumstances so long as the bike has working brakes, and has not been adapted to the extent that it is no longer suitable for use on the road. The instructors will have the final say on whether your child’s bike is safe for them to complete the training on but allowances will be made wherever possible.

What if my child does not have a bike?

Cycle Confident may be able to arrange for your child to borrow a bike for the training. Please check this with your school.

Can my child share their bike with a child who does not have one?

There is a provision on the consent form which you can tick if you are happy for another child to borrow your child’s bike when his or her group is not in training.

What should my child wear to take part in Bikeability?

In most cases, your child may wear their normal school clothes, suitable for the season and weather. Excessively loose clothes may be hazardous and should be avoided. In colder months, warm layers and gloves are recommended. High visibility tabards will be provided by Cycle Confident.

Does my child need a cycle helmet?

Yes, all riders under the age of 16 must wear an approved cycle helmet while training.

What will my child receive on completion of Bikeability training?

Children who successfully complete Bikeability training are awarded a badge and certificate.

Please note we only have limited availability on the programme. All consent forms and slips should be returned by Friday 26th May 2023.

Yours sincerely,

Mr Darcy

Bikeability level 1: Group 1 - 5th & 6th June 2023

Group 2 - 7th & 8th June 2023

Child’s name: _____ Class: _____

Yes No I give permission for my child to attend the Bikeability programme.

Yes No I give permission for photos to be taken of my child during to be used on the school website.

Yes No I have read the information provided and attach the consent form.

Signed: _____ Parent/Carer Emergency contact number: _____