



All Saints CE VC Primary School

Bishops Caundle

Sherborne

Dorset

DT9 5NQ

Headteacher
Mrs A. Crumpler BEd, NPQH

Tel/Fax: 01963 23450

E-mail: office@bishopscaundle.dorset.sch.uk



Dear Parent/Carer,

Level 1 & 2 Bikeability Course

Following on from our successful Bikeability training last year an opportunity has arisen to run another the programme starting next week.

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. The standard has been developed by over 20 organisations and is maintained by the professional body for cycle training, the Cycle Training Standards Board.

There are three Bikeability levels. The school however will be providing levels 1 & 2 only.

Level 1 – Aimed at years 4, 5 & 6. This level is usually covered in a traffic free environment i.e. the school playground and involves one afternoon training session. 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 and as a pre-requisite to a road trip. Level 1 training must be completed before level 2- **the cost is £16. This session is taking place on Thursday 1st March from 12.30pm – 3.30pm. There are spaces for 15 available.**

Level 2 – Aimed at years 5 & 6 is covered training on quiet roads but with real traffic conditions and involves two morning training sessions. By completing Level 2 your child will be able to demonstrate the skills and understanding to be able to make a trip safely to school, or for leisure on fairly quiet local roads. Level 2 training is **FREE. There are only 6 places available for this training and appropriate children will be invited to attend on Thursday 15th March and Thursday 22nd March from 12.30 – 3.30pm**

Nurturing Hearts, Inspiring Minds



Visit our website at: www.bishopscaundle.dorset.sch.uk



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Checklist for training

Your child will need to ensure that they are adequately prepared for their training. **Firstly you need to ensure that your child's bike is roadworthy.** You must be prepared to organise and pay for any repairs to make your child's bike roadworthy. The first step to safer cycling is to ensure that bikes are regularly checked and children doing their Level 1 Bikeability will be shown what to look out for and simple maintenance. As instructors, we reserve the right to refuse to take out any child whose cycle is not the correct size or is considered un-roadworthy.

You should ensure:

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:

- Think about the weather – if it's raining you might want to ensure that your child has waterproof clothing with them.

Don't forget about a properly fitted cycle helmet, the correct size and fit. This should bear a recognised test standard such as the BSI Kite Mark, ANSI or American Snell B. 95, European CE Mark.

- Ensure your child is wearing shoes with a closed heel and toe.
- High-visibility vests will be provided for each child on the day.
- Your child must attend all training sessions.
- Trainees will be under supervision at all times and misbehaviour will not be tolerated.
- If your child is considered to be unsafe, they will not be allowed to continue cycle training on road.

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

Bikeability is not just about teaching children to ride a bike 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.

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For further information about Bikeability, please do not hesitate to contact me. You can also visit the Bikeability website for more detailed information about Bikeability training (www.bikeability.org.uk).

If you would like your child to take part in a Level 1 / 2 Bikeability course, please complete the parent/carer consent form at the bottom of this letter, bike check form and return to school ASAP.

Yours sincerely,
Louise Wookey
School Administrator

Ben Timberlake
Bikeability Instructor

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Bikeability Parent/Carer Consent Form

Level 1: Thursday 1st March from 12.30pm – 3.30pm

This form must be signed and returned to the school along with the Bike Check Form by **Tuesday 27th February 2018** Places will be offered on a first come first served basis.

Name and age of child:.....

School Year (delete as appropriate): Year 4/ Year 5/ Year 6

Does your child have any medical condition which may affect him/her on the course? (delete as appropriate)

Yes/No

If yes, please give details:.....

.....

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Emergency contact name:

Emergency contact number:

I agree to my child taking part in the Bikeability course and understand that it will involve cycling under supervision on roads in the selected training area.

It would be useful to have a contact email address so the instructor can communicate with you a couple of days before the cycle training course and ask for feedback after the course. Your email details will not be used for any other reason and will be destroyed immediately after the course.

Email Contact details:.....

Signature of parent/carer:.....

Date:.....

Website: <https://www.dorsetforyou.com/bikeability>

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