

Bikeability training in school



21st November 2023

Dear Parents/Carers

Great news! We will be coming to your school to do Bikeability training with your children.

Bikeability training is delivered at 3 levels:

- The Bikeability Level 1 course helps children get more skilled and confident in riding their bikes in the playground and get them ready for cycling on the road. Riders **MUST** already be able to ride a bike - pedal and freewheel - to participate in this level.
- The Bikeability Level 2 course aims to improve riders' skills and confidence for cycling on smaller roads and simple junctions without too much traffic. It prepares riders for cycling on larger and busier roads and more complicated junctions. All the riders will have to show the instructors they can do everything at Bikeability Level 1 before they can go on the roads.
- The Bikeability Level 3 course aims to develop riders' skills and confidence so they can ride in some everyday road environments, including busy roads and complex junctions, sometimes with speed limits above 30 mph, can ride assertively and plan a journey. The riders will show the instructors they can achieve everything at Bikeability Level 2 before moving onto the Bikeability Level 3 course. This will all take place on the same day.

Your child(ren) will be taking part in Level 1 and Level 2.

Each child will require a roadworthy bike which means both brakes are fully working, tyres are pumped up, gears (if present) operate as designed and the chain is properly lubricated - the instructors will check on day 1 and children will not be able to ride if their bike is not safe.

They also need, a helmet, suitable clothing for spending up to 90 minutes riding a bike outside (eg. A shower-proof coat if it's going to rain, gloves if it is cold) and secure flat shoes/trainers, water, plus other personal requirements eg. Medication / inhaler.

Check www.bikeability.org.uk/bikeability-training/get-ready for more details.

Bikeability is government-recognised, practical and professional training, and we know that cyclists are more skilled and more confident once they've taken part.

Our training will take place at/around school on the following date(s):

Date: Monday 4th December to Friday 8th December

Duration: 5 Days

Pupils enjoy developing their cycle skills and safe cycling knowledge through the training and it also provides important life skills as they grow and develop. The training will be delivered by DBS checked qualified Bikeability instructors.

Please give consent via Arbor no later than Friday 1st December 2023.

If you want to find out more about Bikeability visit www.bikeability.org.uk.

Please contact the school office if you require any further information.

Best Wishes,

Bovingdon Primary Academy

