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7th February 2019

Dear Parents/Carers,

Year 6 Bikeability Level 3

We are pleased to confirm that the Bikeability Level 3 course will go ahead after the success of the previous Level 2 and the interest from the children in taking part in the next course.

The course details are as follows-

Day: Wednesday, 6 March 2019, 09:00 - 15:30

Please ensure that the consent form is filled out and signed. This is very important, as the children will not be able to take part without it. Consent forms must be returned to the school as soon as possible.

Each child must have a **roadworthy bike** and a **helmet** to take part.

If you'd like more information about the Bikeability scheme, please visit www.bikeability.org.uk

Children should come to school on that day in their full PE kit with their outdoor school coats. They must make sure that they have long trousers and gloves in case the weather is cold. Bikes should be brought to school on the morning of the course and taken home afterwards. On arrival at the school, they are to be taken to the area outside the Site Manager's (Bills) room, by the main office. If this causes any significant challenge for any parent, please let us know as soon as possible.



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Bikes

Children must bring a roadworthy bike. All bikes will be checked before the start of the course.

Bad weather/ indoor activities

The course will continue in the rain unless the conditions are too severe. Therefore, we advise children to bring a waterproof jacket, and gloves in cold weather. We will provide indoor activities if necessary.

Staff ratios

Courses are organised around the ratio of 6 trainees to 1 instructor.

Equipment

BikeRight will supply high visibility waistcoats for all the children and instructors.

Certificates and badges

Children who complete their Level 3 will receive a Bikeability badge, certificate and feedback form.

If you have any questions, please do not hesitate to contact the school office.

Yours sincerely

Mrs J Callaway
Headteacher

Dear Parents/Guardians,

BikeRight! will soon be coming to our school to run a Level 3 Bikeability course which your child has the opportunity to take part in. Listed below are details of the course and what your child will need to be able to take part.

Date of the course:

(Your child will take part in one 2.5 hour session on this date)

Consent form (below) must be returned by:

What is Bikeability?

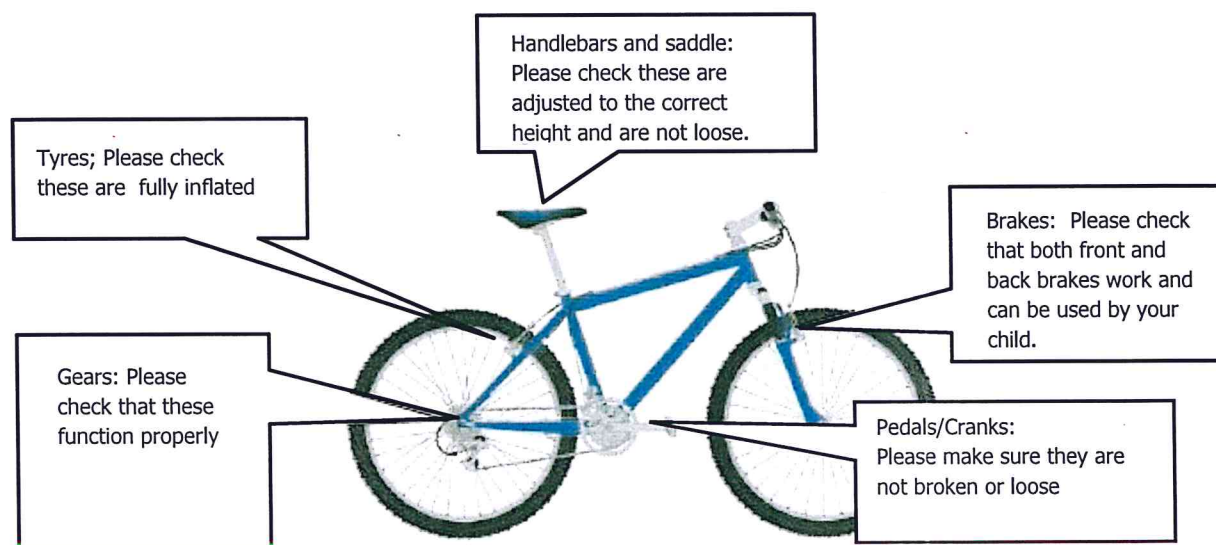
Bikeability is the new Cycling Proficiency for the 21st century. It's designed to give the next generation the skills and confidence to ride their bikes on today's roads. We will teach children to ride a bike to National Standards and introduce them to cycling as a fun and everyday activity, and as an alternative, low cost mode of transport. Level 3 training enables children to ride on busy roads more safely and opens up their options for travel.

How much will it cost?

Nothing! The course is funded by Department for Transport grants, and offered by your Local Authority and Merseytravel.

What will my child need?

- **A signed consent form – please use the form below.**
- **A Helmet (can be supplied)**
- **A bike which is road-worthy with TWO handlebar brakes.** Please follow the simple guide below to check whether your child's bike is suitable, or check with school to see if bikes are available to loan for the training.
- **Appropriate clothing.** It is important, especially during the cooler months, that children wear gloves and warm, dry clothing as they will be outside for over 2 hours.
- **The ability to ride a bike unaided.**



Please note that children cannot take part if their bikes are considered unsafe.

Where will the course take place?

The course will take place in the school playground and on local roads near to the school. We will carry out a risk assessment of the training areas before the course. A copy of the risk assessment will be available at the school.

How is the Training delivered?

BikeRight's qualified instructors, who all hold current Disclosure and Barring Service (DBS, formerly CRB) disclosures, will deliver *two full days* of training for level 1 and 2, and *2.5 hour sessions over one day* for level 3. Courses are organised around a ratio of 6 trainees to 1 instructor for levels 1+2, and 3 trainees per instructor for level 3.



Merseytravel

BikeRight! Bikeability Level 3 Consent Form **Please complete and return to school by the above date**

I give permission for my child to take part in a Bikeability cycling course. I understand that most of the training will take place on public roads, under supervision, to level 3. I agree that my child can take part without any liability on the part of BikeRight! in respect of any injury or any loss or damage to property that is not caused by an instructors negligence.

BikeRight! is not responsible for your child's journey to and from school with their bike.

Child's name			
School		Age	
Gender (Male/Female)		Year Group	
Relevant Medical Information			
Your name			
Emergency contact number			
Signed		Parent/Guardian (circle)	
Date			

Please tick this box if your child is **NOT** able to bring their bike and will need to borrow one:

☐

This course is up to Bikeability Level 3. To enable us to group children by ability **please tick this box if your child has completed Bikeability Level 2** training at primary school:

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Bikeability is funded by a number of partners including Merseytravel, Liverpool, Knowsley, St Helen's and Wirral Councils, Department for Transport and BikeRight!.

Photographs may be taken during the course to document Bikeability training, and be used by the partners above to promote cycling in advertisements, presentations, local press and on their websites.

If you **DO NOT** wish your child to be included in these photographs please tick this box:

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You may be contacted following the training session to help evaluate the project or provide updates about cycle training and other similar information. If you'd rather **NOT** be contacted, please tick here:

☐

If you have any queries or are interested in finding out more about BikeRight!, Bikeability, or the National Standard, please visit the website <http://www.merseytravel.gov.uk/cycling>

If you've got any comments or suggestions about your child's Bikeability training please get in touch. You can email comments@merseytravel.gov.uk, visit www.merseytravel.gov.uk, phone 0151 236 7676 or write to Merseytravel, PO Box 1976, Liverpool L69 3HN