



# Aiskew, Leeming Bar Church of England Primary School

Headteacher: Mrs B. Stanley

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[www.aiskewleemingbar.org](http://www.aiskewleemingbar.org)

26th November 2019

Dear Parents/Carers

Your child has the opportunity to take part in **Level 1 Bikeability training** provided by Mr Hodgson on the 6<sup>th</sup> and 13<sup>th</sup> December, in the afternoon, during school time.

Bikeability is the government's national cycle training programme based on the National Standard for Cycle Training. Cycling is a life skill with many benefits: it encourages independent mobility, is great for the environment, and improves physical and mental health. Bikeability builds the skills and confidence of people who can already ride and prepares them for a lifetime of cycling. Evidence shows Bikeability helps more people cycle, more safely, more often.

Bikeability trains riders to make independent decisions and practice safe and responsible cycling, through:

- Making good and frequent observations
- Choosing and maintaining the most suitable riding positions
- Communicating intentions clearly to others
- Understanding priorities on the road, particularly at junctions.

Bikeability is offered at three levels:

- **Level 1** develops mastery in cycle handling skills in traffic-free environments
- **Level 2** develops skills for cycling on single-lane roads with simple junctions and moderate traffic
- **Level 3** develops skills for cycling on busy, complex roads and junctions.

Riders must demonstrate all National Standard assessment criteria independently before they progress to the next Bikeability level.

**For your child to participate in this course you will need to provide the following:**

- A **roadworthy** cycle (without stabilisers)
- A suitable helmet
- **Suitable clothing** for the weather.

**Please read the following consent information carefully return to us by 2<sup>nd</sup> December 2019**

I agree to the following:

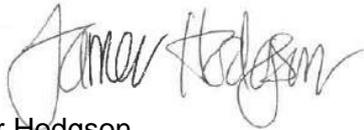
1. My child can participate in the Bikeability course described above.
2. My child can **already cycle unaided for at least one minute without help or stabilisers**. Instructors will refuse participation if this is not the case.
3. I am responsible for ensuring my child has a **roadworthy cycle** for training. Instructors will refuse participation if this is not the case.
4. I will ensure my child is **appropriately clothed** for the weather.
5. I understand instructors are not responsible for any injury or liable for any loss or damage to participants' cycles and other belongings.
6. I will provide a **suitable cycle helmet** that fits my child's head well
7. I will encourage my child to practice between sessions and support their cycling after training.
8. I understand the information I provide below will be processed in accordance with the training provider's European Union General Data Protection Regulation policies.

Child's Name:	
Medical conditions or any Special Educational Needs or Disability that the instructors need to be aware of:	
Parent/carer's name:	
Parent/carer's signature:	
Date:	

I consent for my child to be photographed or filmed during training to help promote Bikeability locally and nationally.

YES  NO

Kind regards



Mr Hodgson  
Class teacher  
Aiskew, Leeming Bar CE Primary School