

## Bikeability is coming to your school



### What is Bikeability?

- Bikeability is cycling proficiency for the modern era and is recognised as a National Standard for on road cycle training. It includes:-
- Bike and helmet safety checks - so that pupils can independently check both their helmet is correctly secured and their bike is road worthy before they set out on a ride.
- The first session is carried out on the school yard and assesses the pupil's bike control and observation.
- If the child has the necessary bike control skills on the yard they will progress on to quiet local roads. If they do not they will not be allowed to continue on to the on-road sessions. This will not be deemed a failure but simply demonstrate to the children and you as parents the necessary basic level of skill required to ride a bike safely.
- During on road sessions pupils will learn the essential skills to perform U-turns, over take parked cars, turn left and right into and out of a T junction.

### Why should pupils take part?

- Pupils learn the essential theory behind safe road cycling which can help them to be both safe and independent in the future.
- Not only do pupils learn about safe cycling but they have their first taste of the rules of the road. This knowledge and understanding will help keep them safe as a pedestrian as well as a cyclist and will give them an advantage in years to come when they learn to drive.
- Pupils will gain confidence from taking responsibility for their own safety.
- It's a great form of exercise and most importantly it's great FUN!

**If children are using a BMX bike the seat must be at a height that will make it safe to ride on the road. Ideally, when seated on a bike, a novice cyclist should be just able to touch the ground with at least one foot. If the bike was manufactured with two brakes they both must be present at the time of training. We are finding that children are removing the front brake themselves and if this is the case the child will not be allowed to undertake training. Where the bike is genuinely fitted with one brake only, allowances will be made and the child will be included in the training programme.**

### Who can take part?

- Everyone in year 5.
- To take part you must have a road worthy bike.

### Be safe Be Seen

- All pupils **MUST** wear a helmet to take part; we can provide a limited number of helmets to pupils who do not have their own.
- When riding on the road all pupils and the instructor **MUST** wear a high visibility jacket which we will provide.

### When is it happening?

- Bikeability training will be happening in your school every Thursday starting on **26<sup>th</sup> April 2018**. The course will run for 6 weeks and pupils must complete 5 out of 6 sessions to pass and receive their badge and certificate.

Could you please complete the attached form and return it to school if you wish your child to take part in the training. **No signed form - no training.**

If you have any queries or concerns about the training please do not hesitate to contact Gillian Cook (0191 4333107) of the Road Safety Team at the Civic centre.

**On road cycle training**

**Child's name** .....

**Class**.....

I .....(Parent /Carer) give permission for my child.....(name) to take part in the on road cycle training. I understand:

1. That it is parents responsibility to ensure their child's bike is in good working order and roadworthy.
2. The completion of the course is not a licence for the child to cycle freely on any road as training only takes place on quiet residential streets.
3. That it is a parent's responsibility to decide whether or not to allow their child to ride on the road once they are sure he/she is capable of doing so safely.

Signed.....(Parent / Carer)

Date: .....