

Ed Clark

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Parent/ Carer Information:
Bikeability Level 1 & 2
School Course Information and Conditions



Dear Parent/ Carer

Your child has been given the opportunity to take part in a **Bikeability Training Course** at their school in the forthcoming week(s).

- Bikeability is designed to give children the skills and confidence to ride their bikes on today's roads.
- 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 cycle trips in today's road conditions.
- The course is designed for children who have **reasonable control of a bicycle**. This course is **not** suitable for complete beginners.
- Children travelling to and from school during the week of Bikeability training remain the responsibility of their parents.

To take part in a Bikeability Course, trainees must have the following:

- A roadworthy bicycle that is in good working order and of the correct size. *(Please refer to pages 6 and 7 of the Cycle Right Magazine for bike checks).*
- Both front and rear brakes must be in full working order, the tyres must be in good condition and pumped up, the handlebars securely attached and fitted with bar end plugs.
- An approved correctly fitting cycle helmet. *(Please refer to pages 4 and 7 of the Cycle Right Magazine).*
- Appropriate dress for the weather conditions. *(A waterproof coat if it is raining and sunscreen if it is hot and sunny).*
- **Our Instructors have the right to refuse to train a pupil if the above criteria are not met.**

Accompanying Information:

Cycle Right: Here is the link to our Bikeability magazine which outlines the course content as well as other safety advice:

https://www.westsussex.gov.uk/media/11975/cycle_right.pdf

Consent form: It is essential that this form is signed by a parent/guardian and sent back to the school before the training week commences. *(This form can be found on page 19 of the Cycle Right magazine).*

Bikeability club: Here is the link to the Bikeability club which you can join if you want to receive newsletters with more information about Bikeability training, as well as useful hints and tips on riding together as a family and enjoying cycling after your Bikeability course, plus offers, promotions and other opportunities...

<https://bikeability.org.uk/bikeability-club/>

Assessments:

- Your child's **safe cycling ability will be continually assessed** throughout the week of training. There is no 'test' at the end.
- **ALL** children who sign up to Bikeability will be taken out in the playground on day one of the course to undertake Level 1 Bikeability.
- If they are not proceeding to the Level 2 on-road course they will receive a Level 1 booklet, badge and certificate. The back of the certificate will show which of the Level 1 Cycle skills they carried out **"Independently"**, whether they need **"more practice"**, if they require **"some assistance"**, or whether they have **"not yet attempted"** the skill.
- **ALL** children who proceed to the Level 2 on-road course (or part of it) now receive a Level 2 certificate, badge & booklet to show they have taken part in Level 2. Please refer to the evaluation on the certificate reverse for instructor guidance.
- The table on the rear of the Level 2 certificate shows whether they have carried out the Level 2 Cycle skills **"Independently"**, whether they need **"more practice"**, if they require **"some assistance"**, or whether they have **"not yet attempted"** the skill.
- Not yet attempting the skill may be ticked if the child is **absent for some of Level 2** (and are unable to catch up with all the skills and outcomes). *It will be at the Bikeability Instructor's discretion whether your child is allowed to continue with the course.*
- If the table shows that all Level 2 cycle skills are carried out **"Independently"** then your child may choose progress to Level 3 at some stage. Level 3 develops riders' skills and confidence so they can ride in diverse environments, including complex, often busy roads and junctions, sometimes with speed limits above 30 mph.

Please note:

- **Any trainee who does not meet the minimum Level 1 standard on the first day of the course will not be allowed to continue with the rest of the week on the road. We will look to seek an alternative and customised training pathway, and they will be given information on this.**
- **In the interest of safety, the Road Safety Team reserves the right to decline training at any stage of the course to any trainee who does not meet the basic requirements, or whose behaviour may put at risk the safety of other people, including - instructors, volunteers, other trainees or themselves.**

Should you have any further questions regarding the Bikeability cycle training, or for further advice and guidance please email cycle.training@westsussex.gov.uk

Yours sincerely

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