



**BIKEABILITY CYCLE TRAINING - FOR
CHILDREN IN YEARS 6**



Dear Parent/Guardian,

1st November 2018

St. Mary's has been given the excellent opportunity to undertake free Bikeability cycle training for the children in Y6.

The children will receive Level 1 and Level 2 training delivered by Change Gear instructors, who work with Hounslow Borough Council's Road Safety Department. The training is carried out by fully accredited National Standard Cycling Instructors with full enhanced DBS checks and many years of experience in providing this form of training.

This training aims to improve handling skills and confidence on the bike and is **not suitable** for children who cannot ride a bike already.

Course Structure:

Each trainee will receive a total of 8 hours training over 4 consecutive days.

Level 1: This level will be conducted in the playground or other suitable traffic-free areas, and will cover basic handling skills on the bike.

Level 2: This level will be conducted on road, in pre-risk assessed areas. Children can only complete this level when they have completed all Level 1 objectives. By completing Level 2, children show they have the skills to make a cycling trip safely on quiet roads and cycle lanes- perhaps even to school.

Additional Information:

- High visibility vests will be provided for each child on training days and helmets can also be provided if the child does not have their own.
- Children will need to bring their own bikes to participate in the Bikeability training, and their bike must be in a roadworthy condition with two fully operational breaks.
- It is important that trainees are dressed in appropriate clothing for Bikeability training.
- Cycle training will continue in all but the most severe of weather conditions, and in this instance we will conduct an indoor wet weather session.

The instructors at Change Gear reserve the right to refuse to take out any child whose cycle is not considered to be in a roadworthy condition for health and safety reasons.

The training will take place during the week of **28th January 2019**. Please complete and return the attached Consent Form by **Monday 10th December** at the latest. If you **DO NOT WANT** your child to take part in the training, please inform the school office.

I do hope you will register your child for this training and look forward to receiving your completed forms by **MONDAY 10TH DECEMBER 2018**.

Yours sincerely

Mr F. Marsh

Headteacher