
Dear Parent/ Carer

Your child has been given the opportunity to take part in a **Bikeability Level 1 Training Course** at their school in the forthcoming week(s). The Level 1 course (year 5s) only takes place on the school playground (or another arranged controlled environment).

- Bikeability is designed to give all riders the skills and confidence to ride their bikes on today's roads.
- Riders 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.
- Riders travelling to and from school during the week of Bikeability training remain the responsibility of their parents.
- The course is designed for riders who have **reasonable control of a bicycle**. This course is **not** suitable for complete beginners. (Please contact the cycle training team for more information on complete beginners training)
- If your child has a recognised SEND, or may require additional help, or has special requirements to enable them to participate in the Bikeability Course, then please contact the team directly via CycleTraining@westsussex.gov.uk to discuss how we can best support you and your child in their Bikeability journey.

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

- A 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 page 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: Please see the attached pdf this 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 completed, signed by a parent/guardian and sent back to the school before the training week commences.

Bikeability club: Here is the link to the Bikeability club which you can join and 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 cycling ability will be continually assessed throughout the course of training. There is no 'test' at the end.

Please note:

- ***In the interest of safety, the Road Safety Team reserves the right to decline training at any stage of the course to any rider 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 CycleTraining@westsussex.gov.uk

Yours sincerely

Amanda Gillham

Cycle Training Development Officer