

Dear Parent

We are pleased that you have decided for **Suffolk County Council** to instruct your child up to Level 2 of 'Bikeability' the National Standards of Cycling. We can confirm the cycling course will take place on the dates and hours as follows:

.....
.....
Your child will be assessed as to their skills in an off road environment (level 1). Once we are totally confident with your child's cycle skills we will then commence training on quiet local roads where your child will be instructed in all basic manoeuvres within level 2 of the National Standards of Cycling.

For detailed information on the manoeuvres that your child will undertake please refer to www.bikeability.org.uk

Your child will need a roadworthy cycle (please see attached sheet) and we ask that they wear a suitable cycle helmet. Please check the cycle prior to the course to ensure it fits your child correctly and is safe to ride.

Suitable clothing should be worn by your child. This should be comfortable with narrow bottomed trousers (or cycle clips worn), trainers are ideal footwear for cycling. Training may take place in wet weather so a lightweight waterproof jacket may be advisable. Your child may need a lightweight rucksack for carrying items such as water bottle, healthy snacks, jacket etc.

**Please note the course is designed to improve cycle control and your child should be encouraged to practice beforehand in a safe environment, especially signalling.
We do not teach your child to ride a bike, we teach them how to ride safely.**

To achieve levels 1 and 2, all riders need to be able to,

- Have a road legal, correctly sized, fully working bike.
- Use two working brakes effectively.
- Ride with one hand off the bars for a minimum of 3 seconds whilst maintaining full control.
- Do a shoulder check whilst maintaining full control.
- Show they have a basic understanding of road positioning.
- Show they know who has priority at junctions etc.
- Show they know when to signal.

PLEASE NOTE

To give the riders the best chance at achieving the outcomes of the course, please help them to practice riding smoothly, stopping using brakes (not feet!), and get them to ride whilst taking one hand off the handlebars. These things will greatly enhance their ability to ride at the required level. If your child has any issues that mean they cannot use both brakes, or would interfere with their riding ability, please let us know in advance of the course. There are often suggestions that we can make to assist., including the potential for the bicycle to be modified.

Your child must be able to ride a bike without stabilisers, we don't teach a child to ride, we teach them to ride safely.

Please complete and return the attached consent form

YOUR Parental Consent & Booking Form

I (Parent / Guardian) hereby give my consent for

..... (child's name) to partake in cycle training with the
Bikeability instructors from SCC

I understand that the majority of this training will take place on the road.

My child is able to confidently ride a roadworthy bike without stabilisers wearing a correctly fitted cycle helmet, this includes riding one handed and riding in a straight line whilst looking behind them for a second or two. The instructors will not be able to teach your child to actually ride a bike.

(Please ensure your child has a rucksack with their own medications, sun cream, drinks and snacks)

Please tick here..... if you DO NOT want your child's bike adjusted by the instructors, this may mean your child will not be able to take part if the bike is not suitable or roadworthy.

..... Parent / Guardian signature

Child's Name

Home Address

.....

.....

Child's Age

Contact number during the course

Any special medical or other needs we should be made aware of (e.g. Asthma, allergies)

.....

Please ensure your child carries any medication they may need (ie asthma inhaler) as they may be some distance from school.

If your child has any issues that mean they cannot use both brakes, or would interfere with their riding ability, please let us know in advance of the course. There are often suggestions that we can make to assist., including the potential for the bicycle to be modified.

Please provide sun cream the children can apply themselves.

Please return this form to school as soon as possible as places are on a first come, first served basis. Training cannot take place without a signed parental consent form.



Fit it *perfectly*

You've found a helmet that fits... now secure it perfectly



ADJUST STRAPS:

These should form a tight V under your earlobes



BUCKLE UP:

Strap should be snug (not tight) under your chin



CHECK:

Your helmet needs to be this close to your eyebrows

Bike Check Notes for Parents

Parents should check their child's cycle before the start of the course. If, in the opinion of the instructor, the cycle is not roadworthy, pupils will not be allowed on the course. Faults are often easily put right but occasionally a new part is required. We would therefore like to draw your attention to the following:

FITTING

Check that the cycle fits the child, i.e. that the balls of both feet are on the ground whilst sitting on the saddle with legs straight. See also that the handlebars are at a comfortable height. Adjust both these at intervals as the child grows.

MECHANICAL CONDITION

A mechanically sound cycle is a safe cycle. Make sure that all parts are in good repair and no parts are too loose.

TYRES

As on cars, worn tyres can cause crashes. Tyres must have a reasonable amount of tread and there should be no bald patches. The side walls should have no splits or bulges. Tyres must be inflated to the correct pressure.

BRAKES

All bikes **must** have two working brakes, brake blocks and cables should be in good condition and brake levers adjusted so that they can be operated with the minimum amount of pull. If the levers touch the handlebars in the 'on' position, the cables are too slack. Levers should be so placed that the child's fingers curve easily around them whilst the palm of the hand is on the grips. There is a variety of levers available, be sure that the ones fitted are suitable for your child.

BEING SEEN

It is important that both the cycle and the rider can be seen by other road users. Cycles must always have at least a red rear reflector and if your child intends to ride in the dark or in poor weather conditions, then they must also have lights. The use of high visibility fluorescent and reflective garments is strongly recommended. During the on road course pupils will be provided with a fluorescent safety tabard.

BEING SAFE

Please ensure your child brings a helmet to wear on the course. It should conform to BS EN 1078:1997 or equivalent. We also suggest that a bell or alternative warning device is fitted. The correct position is on the left of the handlebar within easy reach of the grip.