

BIKEABILITY TRAINING PARENT/CARER CONSENT FORM

Dear Parent/Carer,

Your child has the opportunity to take part in Bikeability training provided by Wiltshire Council. The training will take place across two sessions and your child will be allocated by class staff to a session closer to the time and parents advised accordingly. The first session will take place on the 1st and 02nd November and the second session on the 8th and 9th November 2022.

Bikeability is the government's national cycle training programme based on the National Standard for Cycle Training. Cycling is a life skill with many benefits; it encourages independent mobility, is great for the environment and improves physical and mental health. Bikeability improves the skills and confidence of people who can already ride and prepares them for a lifetime of cycling. Evidence shows Bikeability helps more people cycle, more safely, more often.

Bikeability is funded by the Department for Transport and is delivered by trained professional and DBS-checked Bikeability instructors.

Bikeability trains riders to make independent decisions and practice safe and responsible cycling, through:

- Making good and frequent observations
- Choosing and maintaining the most suitable riding positions
- Communicating intentions clearly to others
- Understanding priorities on the road, particularly at junctions.

Bikeability is offered at three levels:

- **Level 1** develops mastery in cycle handling skills in traffic-free environments
- **Level 2** develops skills for cycling on single-lane roads with simple junctions and moderate traffic
- **Level 3** develops skills for cycling on busy, complex roads and junctions.

Riders must demonstrate all National Standard assessment criteria independently before they progress to the next level. All participants receive an official Bikeability certificate including a personal cycle skills profile.

Course information:

Course dates	Session 1: 1 & 2 November 2022 / Session 2: 8 & 9 November 2022
Bikeability Level(s)	Level 1 & 2
Year Group	Year 6
Cost	£5.60

Wiltshire Council does not wish any child to be prevented from attending the course for financial reasons. If you have difficulty paying the fee, please discuss this with the school. If your child does not have a suitable bicycle, or access to a suitable bicycle then please let a member of the office staff know.

For your child to participate in this course you will need to provide the following:

- A **roadworthy** cycle (without stabilisers), that is the right size for your child.
- A **suitable fitting helmet**
- **Suitable clothing** for the weather.

Important cycle, helmet and clothing guidance is available at www.bikeability.org.uk/get-ready/



Department
for Transport



www.bikeability.org.uk

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If you have any questions regarding Bikeability training in Wiltshire, please contact the Road Safety team on bikeability@wiltshire.gov.uk or 01225 713700

The Bikeability Club Go online at www.bikeability.org.uk to join the Bikeability Club, for lots of extras including: how to get a free cycle check before training and chances to win a new cycle! There is also additional help and resources for your family to continue your cycling journey after Bikeability.

Wiltshire Council does not maintain any personal accident cover and is only insured against its legal liability to third parties if they are injured or their property is damaged during any cycle training organised and approved by the Council. Parents/carers of pupils participating in cycle training are advised to make their own arrangements to insure their children against personal accident, loss or damage to their cycles or other personal effects.

Please read the following consent information carefully return to school by Friday 15th October 2021.

I agree to the following:

1. My child can participate in the Bikeability course described above.
2. My child can **already cycle unaided for at least one minute without help or stabilisers**. (Instructors will refuse participation if this is not the case).
3. I am responsible for ensuring my child has a **roadworthy cycle** for training. (Instructors will refuse participation if this is not the case).
4. I will ensure my child is **appropriately clothed** for the weather.
5. I understand instructors are not responsible for any injury or liable for any loss or damage to participants' cycles and other belongings.
6. I understand that if my child disrupts the course so that their safety or the safety of anyone else is put at risk, they will not be allowed to continue with the course.
7. I will provide a **suitable cycle helmet** that fits my child's head well.
8. I will encourage my child to practice between sessions and support their cycling after training.
9. I understand the form below will be kept at the school office and the information given will be made available to the Bikeability instructor prior to the start of the course. The form will be destroyed by the school office after training is completed in line with their usual process. Wiltshire Council will only keep a record of your child's name and school for audit purposes in relation to Department of Transport Bikeability Grant funding.

Childs Name:	
Medical conditions or any special educational needs or disability that the instructors need to be aware of:	
Parent/Carer name:	
Parent/Carer signature:	
Date:	

I consent for my child to be photographed or filmed during training to help promote Bikeability locally and nationally.

YES ☐ NO ☐



Bikeability: Cycle Check Form

Your child has been invited to take part in Bikeability cycle training and will therefore need to have a cycle in roadworthy condition. On the first session the instructor will carry out a check to ensure that the cycle is safe and legal for cycling on the road.

Please note: If there is a serious mechanical fault, your child will not be allowed to continue with on-road training until this is addressed.

Please check your child's cycle before the course and carry out any necessary repairs. If you are unsure please take your child's cycle to your local cycle dealer who will be able to give you professional help and advice.

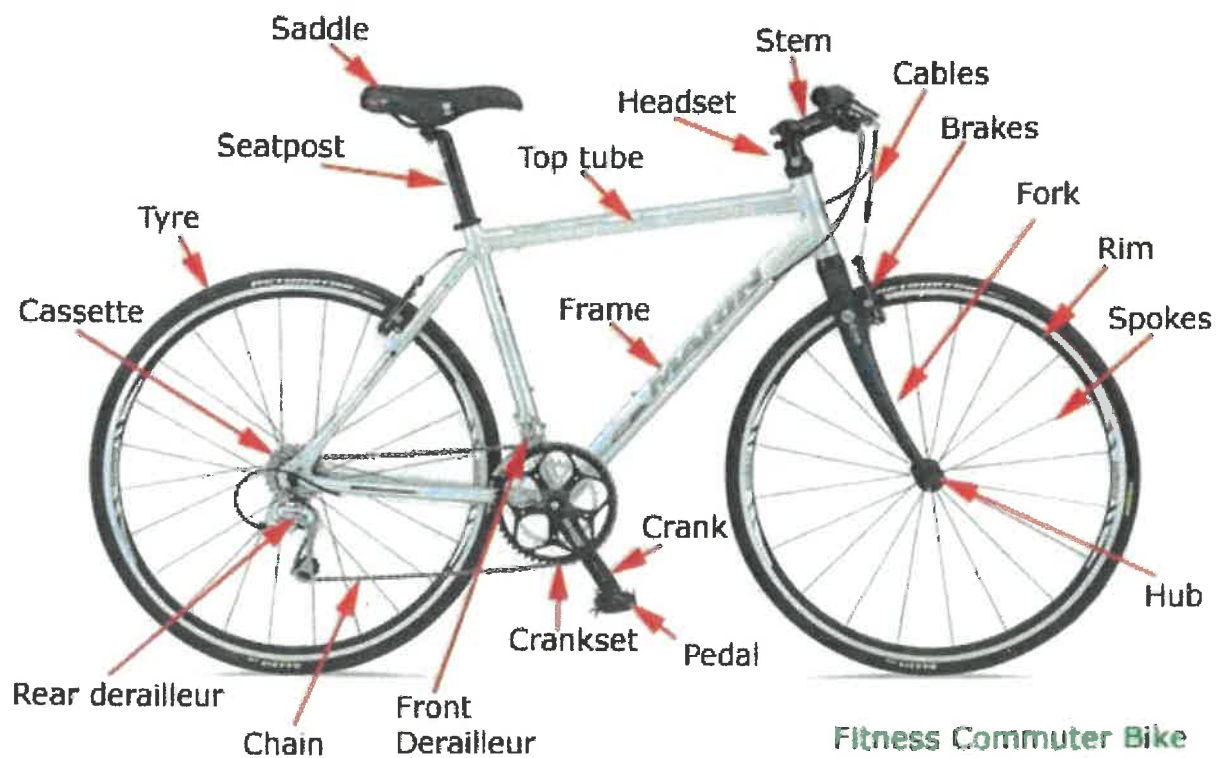
Here are the items that will need to be checked before the course.

Component	Checks	OK	Needs repair
Brakes	Try applying both brakes and pushing the bike forwards. If the bike moves, check for worn brake blocks or frayed or loose cables.		
Brake cables	Check for fraying.		
Saddle and handlebars	Check they are secure and the correct height for riding comfortably.		
Headset and hubs	Check they are not too stiff or too loose.		
Frame & Forks	Check they are not cracked or too rusty. The frame size should be suitable for your child.		
Reflectors (& lights, if fitted)	Check they're clean and securely fitted.		
Chain & Bottom Bracket	Check for wear and rust. Lubricate the chain with Teflon based oil. Make sure the chain is not too loose or tight. Make sure the bottom bracket is not too stiff or too loose		
Derailleur gears	Check gear levers are tight and that all gears are useable		
Nuts and bolts	Tighten any loose nuts or bolts especially on mudguards, brakes, chain guards, wheels and carriers		
Wheels and spokes	Check that wheels run true and there are no damaged or missing spokes		
Tyres	Check for worn tread, bald patches, cracks or split rubber. Pump up tyres so they are hard – look on side of tyre for correct pressure (psi)		

Visit <https://www.sustrans.org.uk/what-you-can-do/cycling/your-bike/bicycle-maintenance-made-easy/m-check-your-bike-11-steps> for further advice.



MTB (Mountain Bike)



Fitness Commuter Bike