



Bikeability Level 2 Cycling Course for Schools

Information for Parents & Guardians

Consent form

Please complete the attached consent form and return it to the school before the course starts. If we do not have a signed consent form for a trainee we cannot allow them to participate in the course. The form is at the end of this leaflet.

Attendance

The course is sequential and incremental. If a trainee does not attend a session they may be excluded from further sessions.

Roadworthy Bike

In order to participate in the course you must supply a roadworthy bike that fits the trainee properly. On the first day of the course we will check the bikes and make minor adjustments and identify any big problems. If we do not think the bike is roadworthy your child will not be able to be on the course.

A short method of checking the bike yourself and what to look for when buying a new bike, is at the end of this leaflet.

What to wear

It is important that your child wear the correct clothes for cycling. Full details are on our web site. Clothes should be comfortable. Your child should wear

- Cycle Helmet
- Shoes or trainers
- Gloves if it is cold
- Coats if it is cold
- Socks to keep their feet warm and to tuck the bottoms of their trousers into
- Girls should wear trousers.

It is not a requirement under Bikeability scheme to wear a helmet, however, if a helmet is worn it must adhere to the relevant CE standards and be fitted properly.

It is not a legal requirement for Helmets to be worn, when cycling, in the Highway code. It does say that cyclists SHOULD wear a helmet

http://www.direct.gov.uk/en/TravelAndTransport/Highwaycode/DG_069837

Cycling Instructor Ltd.

Registered Office: 74 Munster Road, Fulham, London SW6 4EP Telephone: 0845 652 0421 Fax: 0207 691 9759

Registered in England & Wales No. 5519848 VAT 888564062



What will the course cover?

Session 1

All the bikes are checked for road worthiness

Each group will have 2 hours in the playground to check their control skills. We will ensure that your child has the necessary control skills to cycle on the road. Only if the instructors are satisfied that the trainee has good control skills and can behave responsibly will the trainee progress to the on road portion of the course.

Session 2

Your child will begin their on road cycle training. They will be in a group of up to 10 trainees with two fully qualified cycling instructors. The instructors will take them to an area where the roads are quiet but have some traffic. They will cover such topics as:

- The correct position to take when cycling on the road.
- What to do when near other vehicles on the road.
- The importance on looking behind and signalling.
- The meaning of road markings

Session 3 & 4

In these lessons, the instructors will again take them to an area where the roads are quiet but have some traffic. In this session, we will build on the previous and introduce them too:

- What to do at road junctions.
- Who has right of way.
- How to turn right from a major to a minor road
- How to turn left into a minor road.
- How to turn right from a major into a minor road.

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How to check your bike

To see if there are any problems with your bike check the following items. Using this M Check will ensure that you do not miss any items.

Start at the front, Point A and work your way to B, C, and D to E at the back of the bike.



Front wheel: Check to see if:

- Quick-release or wheel-nuts loose.
- Hub bearings loose or binding.
- Spokes loose, broken or missing

Front Tyre: Check to see if

- Under-inflated /punctured
- Worn or cracked

Front brake: check to see if

- Front wheel locks when the brake lever is pulled
- Brake pads rubbing tyre or wheel rim
- Brake pads missing

Headset and handlebars: check to see if

- The forks are damaged
- Headset loose
- Handlebars are not clamped tightly

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How to check your bike

Frame: check to see if:

- Frame not bent or damaged

Crank and Front gear: check to see if

- Gear moves the chain from one sprocket to another
- Sprocket not bent
- Crank shaft not loose
- Pedals not loose

Seat and seat post: check to see if:

- Saddle does not move
- Seat post does not move

Rear Brake: Check as for front brake

Rear wheel: check as for front wheel

Rear tyre: check as for front tyre

Rear gear: check as for front gear

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Buying a bicycle

If a bicycle is too small for the rider, pedalling and steering is awkward. If a bicycle is too big, stopping and starting is difficult and dangerous. Please do not be tempted to buy a bike that is too big so your child can grow into it. To help you make sure the bicycle fits the rider, check that your child:

- Can reach the handlebars without stretching.
- Is not leaning too far forward
- Can easily reach and use the brake levers
- Can touch the ground with both feet while sitting on the saddle.
- With the seat post raised to its maximum height cannot touch the ground with either foot.

These checks will help you choose the right bicycle for your child. They can also be used to re-check the riding position regularly.

Try to go to a specialist bike shop; there will be a wide choice and expert advice. Take your child with you so they can try out the bike. Ask about the after-sales service. Helmets should fit properly, it should sit firmly on the head and you should be able to run one finger between the strap and face. Ask the shop to help you if you are not sure.

If you are going to buy a second-hand cycle, check its condition carefully. In particular, look at the saddle, tyres and the paintwork. Ask how old it is, how it has been used and looked after. Signs that it has had a heavy knock are bent forks, wrinkled paint or a twisted frame. If you buy a second-hand bike privately, it is a good idea to have it checked over by a bike shop.

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On Road Consent Form for schools course: Cypress Primary Dr B 17 /5/19 L2/3 on 20-24/5/19

Dear Parent/ Guardian
Your child will be taking part in an on road cycling course. This form must be completed and given to Cycling Instructor Ltd before they can take part in the training

I (name of parent or guardian): (Please Print)

Consent that my child can take part in a cycle training course

Name of Child: (Please Print) **Gender: Male / Female** (circle)

Year Group: **Year Group:**

My child will wear a helmet provided by Cycling Instructor.

Medical or Behavioural conditions that the Instructors should be aware of:

I agree that:

- Where I supply a bicycle for my child I must make sure, it is roadworthy. If I am not sure about this, I should take it to a bike shop. The Instructor may make adjustments and repairs to my child's bike if the instructor believes that there is a problem.
- Cycling Instructor Ltd will not be held liable for any injury, which is established, may have been prevented or caused by the wearing or not of a helmet. The instructor will advise on the fit of a helmet, but will not necessarily be able to judge from its appearance if it is in good condition.
- I will tell Cycling Instructor Ltd about any medical condition my child has which may affect the training course.
- Cycling Instructor Ltd is not responsible for any injury, loss or damage not caused by an instructor, or which happens outside these lessons, including journeys to and from school.

- Training takes place on the road.
- I should think about personal accident insurance for my child.
- Having taken a cycling lesson does not mean that it is safe for my child to cycle or fix a bicycle in all circumstances. To become a proficient cyclist or mechanic takes more practice than lessons of this kind can provide.
- My child may be photographed during this course and the image could be used in publicity for Cycling Instructor Ltd and the funding organisation.
- By the very nature of outdoor activities it may be necessary for staff to physically interact with children, eg, help fit helmets & hi-viz vests, to prevent a fall or administer first aid. This is in the interests of your child's safety.

Signed : **Date :**

Emergency contact number:

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