



**Take YOUR CYCLING seriously, don't miss out on Bikeability!**

With Bikeability Level 1, you'll learn to control and master your cycle in a safe space away from traffic such as a playground or closed car park. Bikeability Level 2 takes place on local streets, giving you a real cycling experience. You'll learn how to deal with traffic on short journeys such as cycling to school or the local shops.

#### **At Level 1 you can:**

- Prepare yourself and your cycle for cycling
- Get on and off your cycle without help
- Start off, pedal and stop with control
- Pedal along, use gears and avoid objects
- Look all around and behind, and control the cycle
- Share space with pedestrians and other cyclists

#### **At Level 2 you can:**

- Prepare for on-road cycling
- Start and finish an on-road journey
- Recognise typical hazards
- Let others know what you are about to do
- Know where to ride on the road
- Pass parked vehicles and side roads

#### **COVID-19 Guidance and Implications for Bikeability Delivery**

We are delivering Bikeability in line with the updated Bikeability Delivery Guide published by The Bikeability Trust. The Bikeability Delivery Guide has been updated in line with the government guidance to make delivery with physical distancing as safe as possible, reduce the risk of COVID-19 transmission and to provide assurance to schools, parents and carers. As a Bikeability provider, we have updated our risk assessments in light of the current government advice and have identified measures to prevent the transmission of COVID-19.

- Instructors will not deliver training if they have COVID-19 symptoms or have someone in their household who does.
- Instructors must inform the Plymouth School Sports Partnership if they develop symptoms or test positive for COVID-19.
- The Plymouth School Sports Partnership will inform schools if a visiting instructor develops symptoms or tests positive for COVID-19.
- Schools must inform the Plymouth School Sports Partnership if someone at the school tests positive for COVID-19.
- The same instructor will stay with the same training group at all times throughout the Bikeability course and will not mix with other training groups or instructors.
- Instructors will clean shared cycles thoroughly between uses.
- Instructors will incorporate regular hand cleaning into training sessions.
- Parents and carers must accept responsibility for the risk of transmission of COVID-19 to their child and notify the school if their child is vulnerable or if their child lives with vulnerable adults.
- Parents and carers must notify the school if their child has any sanitiser allergies.

#### **Parents & Carers**

Please read this information carefully and return the consent form to your child's school. The school will inform you about dates when the course for your child is due. The Bikeability Trust have published a Parent Handbook that we recommend you look at and go through with your child before their course; <https://bikeability.org.uk/download/949>.

Note each child must be able to ride a cycle (without stabilisers, have good control and balance) before enrolling for this course. There may be courses to support those who can't ride.

All trainees must provide a cycle in a suitable condition (a cycle check diagram is provided) and a helmet must be worn. In certain areas, spare cycles may be available. High visibility waistcoats will be provided. All courses are conducted by approved National Standard Instructors, who are DBS checked and have attended a first aid course. Please ensure your child is wearing appropriate clothing suitable for cycling and the weather conditions of the day.

We request that you discuss the Bikeability course with your child, and encourage them to practice what they have learnt each session - maybe by accompanying them on a cycle ride and discussing the Highway Code. Your child must attend every session - if they miss any sessions, they may not be able to complete the course.

For more information about Bikeability, please visit <https://bikeability.org.uk>

## Helmet & Cycle Checklist

Use the diagram below to check your child's helmet fits and that their cycle is in a safe, roadworthy condition.



**Step 1: Size**  
Should fit snugly and not rock side to side.



**Step 2: Position**  
No more than two finger widths above eyebrows.



**Step 3: Straps**  
Should form a "V" under, and slightly in front, of ears.



**Step 4: Buckles**  
Center the buckles under chin and lock sliders.



**Step 5: Chin**  
No more than one or two fingers should fit under strap.

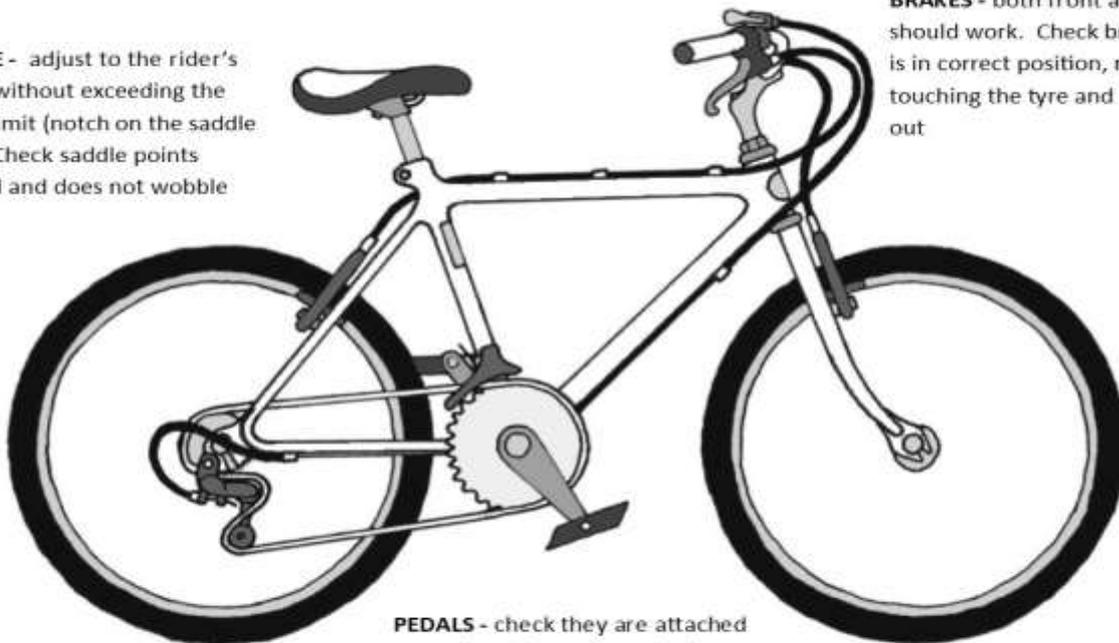
**BIKE SIZE** - rider should be able to reach the handlebars and touch the ground easily with toes of both feet

**HANDLEBARS** - check handlebars can't be twisted out of the line of the wheels and are straight. Bar ends must not be exposed

**CABLES** - check are not frayed, broken or loose

**SADDLE** - adjust to the rider's height without exceeding the safety limit (notch on the saddle post). Check saddle points forward and does not wobble

**BRAKES** - both front and back should work. Check brake block is in correct position, not touching the tyre and not worn out



**CHAIN & GEARS** - check the chain is well oiled and not too tight/ loose. Check all the gears can be changed easily

**PEDALS** - check they are attached securely to the crank and spin freely

**TYRES** - check firmly pumped up, no damage, punctures or excessive wear

**WHEELS** - check they spin freely and straight, no damage to spokes. Nuts and levers are securely tightened



## Bikeability Level 1 & 2 Consent Form

(PLEASE USE BLOCK CAPITALS IF WRITING BY HAND)

<b>Child's Name</b>	
<b>Child's School</b>	
<b>Date of Birth</b>	
<b>School Year</b> (all participants must be in Year 5 or 6)	
<b>Parent/Carer Name</b>	
<b>Telephone Number</b>	
<b>Email Address</b>	
<b>Emergency Contact Name &amp; Number</b> (if different from above)	
<b>Please provide details of any medical conditions that we need to know about...</b> Ensure that if your child requires medication e.g. inhalers, that they have it with them at all times during the course	
<b>Does your child have special educational needs or disability (SEND)?</b> This information is recorded for monitoring only by the Bikeability Trust. No personal details are recorded.	<b>Yes / No</b>
<b>Please provide details of any learning support your child needs at school...</b> Does your child have any learning or behaviour issues that we should be aware of so that your child has a more positive experience? Does your child have 1:1 support at school?	
<b>My child can cycle competently, without stabilisers</b> (Note that all children will be assessed before going out on the road, as this is part of the Level 1 course)	<b>Yes / No</b>
<b>Does your child need to borrow a cycle from the Plymouth School Sports Partnership in order to attend this course?</b> We recommend that your child brings their own roadworthy cycle to the course	<b>Yes / No</b>
<b>My child regularly cycles to school</b>	<b>Yes / No</b>

**I have read all of the information and understand that completion of this application form acts as my consent for my child to take part in a cycle training course and by signing below I agree the following:**

- I give permission for my child to be supported for balance as necessary. If my child cannot ride a cycle, I consent to them taking part in playground based "Learn to Ride" training where possible
- Whilst every care will be taken to ensure your child's safety, Plymouth City Council provides public liability insurance only and not personal accident insurance for anyone taking part in this course, nor does it accept responsibility for the actions or personal behaviour of participants. Plymouth City Council, the Plymouth School Sports Partnership and your training provider are not responsible for any injury to persons, or loss or damage to property which is not the result of the negligence of an instructor
- I agree to my child receiving on-road training which is an essential part of the Level 2 course
- I will ensure my child's helmet fits and their cycle is in a safe, roadworthy condition – (please refer to cycle checklist)
- I consent to allowing the instructor to make necessary adjustments to my child's cycle to ensure that my child can take part in the course
- I consent to my child receiving any first aid treatment as required
- I accept responsibility for the risk of transmission of COVID-19 to my child and will inform the school if my child is vulnerable or living with vulnerable adults
- I will notify the school if my child has any sanitiser allergies
- I understand that any participants who persistently misbehave or put others in danger will be asked to leave the cycle sessions and will not be allowed to attend in future

**Parent/Carer Signature:**

**Date:**