



Bikeability Parent Consent Form

Dear Parent/Carer,

We are pleased to offer **Bikeability** cycle training to your child. **Bikeability** has two stages within the scheme; Level 1 and 2. It is delivered by a local accredited cycle training organisation - RideWise. The training will take place during the last week of term, before the Easter holidays at Old Basford School.



The **Bikeability Level 1** course helps children get more skilled and confident in riding their bikes in the playground and prepares them for cycling on the road. **Riders must be able to ride a bike unaided and without stabilisers for at least one minute, to participate in this course.**



The **Bikeability Level 2** course aims to improve riders' skills and confidence for cycling on smaller roads, using simple junctions with low levels of traffic. It prepares riders for cycling on larger and busier roads and more complicated junctions. All the riders will have to show the instructors they can do everything at **Bikeability** Level 1 before they can go on the roads.

What will your child need?

- A completed consent form (see end of form)
- A roadworthy bike without stabilisers (to arrange a loan bike – see below)
- A helmet (to arrange a loan helmet – see below)
- Suitable clothing for the weather conditions

This course develops the cycling skills and confidence of children who can already cycle. To benefit from **Bikeability**, your child must attend every session and practise what they learn after training. Please support and encourage your child to continue cycling after training to help them build skills and confidence to cycle more safely, more often.

HOW TO BOOK **Bikeability** places are limited and places will be booked on a first come, first served, basis. Please complete and return a consent form (see below) to school as soon as possible.

BIKES & HELMETS If your child is using their own bike/helmet, you must check that they are in good working order. Bikes must have tyres inflated and the moving parts working well. They **MUST** have two working brakes and the rider must be in a seated riding position at all times (e.g. BMX bikes are unsuitable). If your child needs to borrow a bike and helmet, please indicate this on the booking section of the form below.

CLOTHING Your child should wear their normal school uniform but be prepared for the weather, e.g. gloves, layers and waterproofs for cold or wet weather, lotion for hot sunny weather.



Bikeability – Parent Consent Form

Please read and complete this form carefully and return to your school.

| | |
|--|----------|
| Full Name of Child: | |
| School Name: | |
| School Year: | |
| Loan bike/helmet required? | Yes / No |
| Height of child (if borrowing a bike): | |
| Are there any medical/educational needs we need to be aware of, including allergy to hand sanitiser? | |

- I agree to my child taking part in cycle training
- My child can already ride unaided without stabilisers for more than one minute (won't be able to participate if not)
- Instructors may at any time refuse to continue to train my child if his/her behaviour or cycling ability is deemed unsuitable
- RideWise will not be responsible for any injury or disease transmission or liable for any loss or damage to participant's cycles and other belongings
- I agree for my child to wear a helmet
- I understand that pupil data collected will be used to support the delivery and monitoring of training sessions/courses see bikeability.org.uk/privacy-statement/ for further details
- I agree to encourage my child to practice between each session, where possible, and after the completion of training

I confirm that I have read all the information enclosed and consent to my child (or the above child for whom I take responsibility) to take Level 1 & Level 2 cycling lessons as described above. I understand that this information is retained by my child's school and used to ensure my child is eligible to undertake **Bikeability** training.

| | |
|---------------------------|--|
| Signed (parent/guardian): | |
| Date: | |