



**Date of course:**  
**Tuesday 21<sup>st</sup> November 9am-12 noon – Level 1**  
**Tuesday 21<sup>st</sup> November 1-3pm – Level 2**  
**Wednesday 22<sup>nd</sup> November 9am-3pm – Level 2**

# Bikeability Training – Year 5

Dear Parent / Guardian,

Your child has been offered a place on a combined level 1 and 2 off and on-road cycle course. The Level 1 course will include skills exercises off road on a playground or park area. The Level 2 course (**if offered**) will include basic manoeuvres on local roads for those who have reached the required standard of cycle control at Level 1.

### Children will need:

- To be able to ride a cycle
- **Must have a roadworthy cycle\* that is the correct height for the child and has two working brakes**
- A cycle helmet if they have one
- Will have to attend the full course
- Are appropriately dressed for an outdoor activity including the correct shoes for riding a bike (i.e. no open toe sandals, waterproof coats and warm clothing if appropriate for the weather).

**We will provide florescent hi-viz vests but if your child does not have a cycle helmet - please tell us on this form, and we will provide a cycle helmet – for safety all children must have a cycle helmet not just for this course, so please consider this.**

Please note that the course is designed to improve cycle control, and your child should therefore be encouraged to practise beforehand and after the course.

**Places are limited so if you wish your child to take part complete the consent form and return it to the school as soon as possible on or before Tuesday, 14<sup>th</sup> November.**

I consent to my child (or child for whom I take responsibility) to take part in the practical assessment of effective cycling and related activities, as well as riding on the public highway. I understand that the Level 2 training will be conducted on the road.

\*I will ensure my child (or child for whom I take responsibility) has a roadworthy bicycle with two working brakes (and a cycle helmet if they have one).

\*I understand the instructors may refuse to assess my child if they deem his/her cycle to be un-roadworthy and it remains my responsibility to make sure that my child does not ride an un-roadworthy cycle. Furthermore, if I am in any doubt as to the road worthiness of my child's cycle I will seek the advice of a professional mechanic.

I understand the assessor/instructor is not responsible for any injury or any loss or damage which is not caused by an assessor/instructors negligence and that the assessor/instructor takes no responsibility whatsoever for any injury or any loss or damage to any property which occurs either on the way to or from a lesson or when your child (or child for whom I take responsibility) rides his/her cycle outside of the Bikeability training session.

I accept the assessor/instructor may at any time refuse to continue to assess/instruct my child (or child for whom I take responsibility) if his/her behaviour or ability level is deemed unsuitable.

Signed Parent/Guardian		Date:
Parent/Guardian Name (please print clearly)		
Child's name		
Child's school name		
Child's year group		
Contact telephone number for emergency only		
<b>Any special needs or disability the instructor should be aware of? Please tell us below</b>		

