



CATSHILL FIRST SCHOOL AND NURSERY



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Mrs Georgia Plant – Head of School Mr Paul Essenhigh – Executive Headteacher

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To parents/carers of Year 4 children

Level 1 Bikeability Course – Friday 21 October 2016

I am pleased to let you know that we are offering the above course to our Year 4 children. We are delighted to offer this free of charge. This letter gives you details of the course and if you wish your child to take part, I would ask you to complete, sign and return the attached slip by **this Friday, 14 October**.

Children with their own bikes can take part and we may be able to loan a small number of bikes and/or helmets, subject to availability.

Bikeability is cycle training for the 21st century, designed to give the next generation of children the skills and confidence to ride their bikes on today's roads. To get their Bikeability award, children will be instructed on how to ride their bikes to the Government-approved National Standard for Cycle Training, which sets out the training and skills essential for making cycling trips in today's road conditions. The standard has been developed by over 20 organisations and is maintained by the professional body for cycle training, the Cycle Training Standards Board.

Level 1 is usually covered in a traffic free environment. By completing Level 1, your child will be able to demonstrate the skills and understanding to be able to make a trip and undertake activities safely in a motor traffic free environment and as a pre-requisite to a road trip.

Children will be encouraged and inspired to achieve the level, recognising that there is always more to learn and to enjoy on a bike.

Checklist for training

You and your child will need to ensure that they are adequately prepared for their training. Firstly, your child should be able to balance and control their bike without additional support, e.g. stabilisers. However, in certain circumstances, where children require special adaptations to their bike, they will be encouraged to participate in Level 1 training with prior agreement of the instructors.

You also need to ensure that your child's bike is suitable and safe. We will provide you with bicycle checklist to help you, if you sign your child up for the course. The first step to safer cycling is to ensure that bikes are regularly checked and children doing their Level 1 Bikeability will be shown what to look out for and simple maintenance. The instructors reserve the right to refuse to take out any child whose cycle is not the correct size or is considered un-safe.

You should ensure that:

Saddle and handlebars are adjusted to the correct height;
Brakes are functioning; and
Tyres are pumped up with no punctures.

It is also important that your child is dressed appropriately for the training:

It is a requirement that your child wears a properly fitted, undamaged and approved cycle helmet throughout the scheme.

Think about the weather – if it’s raining you might want to ensure that your child has waterproof clothing with them.

Ensure your child is wearing shoes with a closed heel and toe.
High-visibility vests will be provided for each child on the day.

Once your child has completed the level of their Bikeability, they will receive a luminous badge, booklet and certificate.

Bikeability is not just about teaching children to ride a bike and equipping them with the necessary skills and knowledge needed to ride a bike safely throughout the rest of their life. It’s also about introducing them to cycling as an everyday activity – an alternative mode of transport, an enjoyable pastime, which brings a healthier lifestyle and ultimately lots of fun. Bikeability will give your child a life skill that once they’ve learnt, they will never forget.

For further information about Bikeability, you can visit the Bikeability website for more detailed information about Bikeability training (www.bikeability.org.uk) / www.worcestershire.gov.uk/bikeability. Further information will be sent out if your child signs up for the course.

Yours sincerely



Mrs Georgia Plant
Head of School

Catshill First School and Nursery Bikeability Level 1

Child’s Name

Class

My child would like to take part in the Bikeability Level 1 course.

I confirm that my child:

Can cycle and has their own bike

Can cycle but does not have their own bike *

Has their own cycle helmet

Does not have their own cycle helmet *

* We may be able to loan a small number of cycles and/or helmets, subject to availability.

Signed