

Dear Parent,

Your child has the opportunity to take part in a practical cycle training course, delivered by Telford & Wrekin Council's Bikeability Team.

Bikeability is a national standard cycle training programme designed to give cyclists the skills and confidence to cycle in modern road conditions. Bikeability consists of three levels; this training will cover **Level 1 & Level 2 only**.

Level 1: Covers basic bike handling skills and is delivered in a traffic-free environment, such as a playground - **It is however essential that children who attend are able to ride the bike that they bring to the course**

Level 2: Taught on quiet roads but in real traffic conditions and covers simple manoeuvres, road sense, road positioning and priorities

Level 3: Covers more complex situations and equips the cyclist to handle a wide range of traffic conditions and road layouts

Certificates

All riders who take part will receive a certificate and badge.



The Bikeability Team...

Telford & Wrekin Council's Bikeability Team consists of qualified, DBS (Disclosure and Barring Service) checked instructors with experience in teaching and cycling. All of our courses adhere to the Bikeability national guidelines for ratios of instructors to cyclists. Every Bikeability lesson is taught by at least two instructors and the safety of riders is of paramount importance. All of our courses are fully risk assessed and the training areas are specifically chosen to reflect the level of training and the experience of the cyclists. During the training your child will be riding their bike unassisted (but observed) on the public highway.

Privacy Notice

Telford & Wrekin Council Bikeability Team are processing personal data to allow pupils to safely take part in the Bikeability cycle training scheme. The data is being collected under Article 6(1)(e) and Article 9(2)(g) of the Data Protection Act 2018.

Telford & Wrekin Council will not share any personal data collected with external organisations unless required/permitted to do so by law. Please note some information will be provided to the Department for Transport but this will be anonymised so that individual children cannot be identified.

For further details on the Council's privacy arrangements please view the [privacy page](#) on the council's website.

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TravelTelford



Bikeability



Cycle Training Course

DENSO
Crafting the Core

Bikeability within Telford & Wrekin is kindly sponsored by Denso



Protect, care and invest
to create a better borough

Bikeability is also part funded and administered
by Active Travel England



Consent form - please complete and return to school

Child's Name: _____

If your child needs to borrow a helmet tick this box *

*Helmets are subject to availability and requests must be received one week prior to the course start date

Medical Information

Does your child suffer from any conditions that require medical treatment including medication?

Please provide details even if already known to the school.
i.e Asthma, Epi pen.

Is your child allergic to any medication or hand sanitiser?

Does your child have any special educational or physical needs?

Yes No

If yes please provide details:

Declaration

I confirm I have read this leaflet and give consent for my child to take part in the Bikeability course.

If my child's medical condition changes prior to training I will inform the school.

Parent/carer name: _____

Sign: _____

Date: _____



Your child requires two things to take part in the Bikeability course:

1. A safe, roadworthy bike
2. A helmet

You can play a part in supporting your child with their Bikeability training by checking their bike before it is taken into school.

It's as simple as **A B C** - Air, Brakes and Chain...

A **AIR** - Check the air in the tyres and pump them up if needed. Check for damage and the depth of the tread.

B **BRAKES** Make sure both brakes are working and that they aren't worn or sticking.

C **CHAIN** The chain should be well oiled and not rusty.

Important note: Two working brakes are required for all on road training

Helmets and clothes

Special clothing, other than a helmet, is not required. Clothing such as baggy trousers, long coats and skirts which might interfere with moving parts of the bike should be avoided. Suitable warm and flat footwear is advised.

The course will proceed in all but the worst weather conditions. **Warm gloves** and a **rain jacket** can sometimes make a big difference to the rider's enjoyment of the training.

Does the bike fit your child?

The saddle should be level with their hips. Feet flat on the floor with a slight bend in the knee is good, more confident riders may wish to have just tip toes on the floor when sitting on the saddle.

Course information

The vast majority of our courses are run over four, two hour sessions. Your child will have the best chance of gaining the Level 2 Bikeability award if they complete all four sessions.

If your child misses the first session they will be unable to continue on the course.

If your child misses session 2 or 3 they will be able to continue, however, their chance of achieving Level 2 will decrease.

If your child misses the fourth session they will receive the Level 1 Bikeability award.