



Department for Transport

Take Pride CIC, c/o Cobham Hall Independent School, Brewers Rd, Cobham, DA12 3BL

## What is

## Bikeability?

Bikeability is the 21<sup>st</sup> Century’s cycle training for children. It is about gaining practical cycle skills and understanding how to cycle safely on today’s roads. Bikeability gives people the skills and confidence for all kinds of cycling.

Our courses are run by Take Pride CIC under the registered scheme name Activriders. Bikeability is based on the government-approved National Standards for cycle training by our accredited Bikeability instructors.

Bikeability is much more than a cycle training programme. It provides your child a life skill with long-lasting benefits including a way of staying fit and healthy whilst being a sustainable way of travelling to places in the local area. Bikeability supports the culture, ethos and environment of a healthy school and can support your child’s learning in key areas such as Literacy, Maths, Science and Geography.

It’s hard to believe that only 2% of the UK population are using a bicycle for their journeys to school or to work, against 64% using cars for their commutes! Take Pride CIC / Activriders aim to increase young people’s participation and enjoyment of physical activity and ensure they have the chance to experience and enjoy different sports to benefit their health, fitness and education.

Dear Parent/Guardian,

We would like to offer your son/daughter the chance to book on one of the Bikeability courses that will take place at your school on the following date(s):

Max 12 Students	Dates:- Grp 1	Dates :- Grp 2	Dates :-Grp 3	Dates: Grp 4
	17 <sup>th</sup> & 18 <sup>th</sup> June	21 <sup>st</sup> & 22 <sup>nd</sup> June	24 <sup>th</sup> & 25 <sup>th</sup> June	28 <sup>th</sup> & 29 <sup>th</sup> June

Government funding support has meant that we can reduce the cost of this course to **£20** per child for your school if they are a member school. This will be a full two day course and included will be their accreditation award appropriate to the Level achieved at the end of the course. Please read the Essential Pre-Course Information carefully when considering if your son/daughter is ready to learn to cycle on local roads.

If you wish to book your child onto one of the Bikeability courses, please complete and return the **online Consent Form** at <https://forms.gle/e1ePct8jzvfukKJ9A> listing any medical conditions, medication or learning difficulties/disabilities. This agreement is a **compulsory** requirement in order to be able to take part in the road cycling course.

Once you have completed the form by **Monday 7th June**, we will let you know what day your child is booked on and how to pay.

If you feel your child is not ready for Bikeability or for more information and fun introductory games on the Bikeability course, please visit our website at [www.takepridecic.co.uk](http://www.takepridecic.co.uk)

Yours faithfully,

Lorraine Hughes

Bike Ability Lead at Take Pride CIC

(Please keep this letter for your records and return the consent form to the school)

# ESSENTIAL PRE-COURSE BIKEABILITY INFORMATION

This document provides parents/guardians with guidance on bike suitability, clothing and the instructors' expectations of riders who participate in the 2 day Bikeability course.

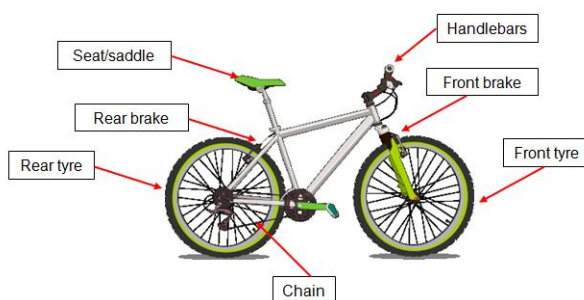
## Roadworthy Bike

We will only be able to accept a bike which is in good condition and safe to ride on public highways.

Before starting any Bikeability training the Take Pride Bikeability instructors will carry out a safety inspection on all of the bikes that are to be used. Whilst the instructors have an understanding of what makes a safe bike they are not qualified cycle mechanics and cannot repair all faults found on cycles. They will however, endeavour to make any minor repairs or adjustments to make the cycle safe for use on the Bikeability course.

To help ensure that your child can take part in the Activriders program please take a few moments to make the following checks on your child's bike the weekend before the course:

- Tyres are pumped up
- Front and Rear brakes are fitted (legal requirement). Both brakes are working
- Gears are in working order
- Chain is oiled/lubricated
- Bike is the correct size for the rider (Check the seat and handlebar height)
- BMX bikes must have saddle raised to correct height of the rider (please no stunt pegs)
- Nothing loose or hanging off the bike



If you have any reason to suspect that your child's cycle is not roadworthy, please consult a qualified cycle mechanic.

As a parent/carer it is your responsibility to ensure that the bike supplied to your child is roadworthy.

**Unfortunately, if the instructors decide the bike supplied is un-roadworthy then your child may not be able to take part in the training.**

## Clothing

Bikeability will run throughout the year and will only be cancelled in extreme weather conditions. We would advise checking the weather conditions prior to the course.

Bikeability is a 2-day course which is delivered completely outdoors. It is particularly important to be dressed appropriately as your son/daughter will be out on the public highway all day, and will only return for the normal lunch break.

**Helmet is compulsory** for all parts of the course. You need to ensure it is the correct size, fits properly with good visibility and must be a standard approved helmet with 'CE' marking (usually found on a sticker on the inside). No full face helmets please. We will not be able to loan helmets as this is an essential piece of personal protective equipment. Other recommended clothing and footwear, depending on weather:

- Shorts / Trousers (not loose / no jeans)
- Trainers with good grip
- Wind and Waterproof Top and/or Trousers
- Gloves

## Ability

All riders must be able to ride unassisted for sustained periods of time and be able to manoeuvre and stop. This course is not suitable for pupils who cannot ride/ just learnt to ride their bike.

## Behaviour

As we are using public roads with real traffic, there is a certain element of risk. All pupils are expected to adhere to the school's behaviour policy. Any pupil(s) deemed by the Instructors to be contriving this will be removed from the course and returned back to school.

## Accreditation

Your child must reach the National Standards outcomes set by the Department for Transport in order to achieve their Level 1 and Level 2.

At the end of the course, the instructors will let pupils know if they have reached the Bikeability Level 2 National Standard. Certificates and Badges will be awarded (normally in an assembly).

Any areas of improvement will be highlighted on a