

# BIKEABILITY PARENTAL CONSENT FORM

**WHAT IS BIKEABILITY?** Bikeability is the national cycle training programme supported by the Department for Transport. The course builds the skills and confidence of children who can already ride. Bikeability can not only make children better cyclists - potentially for the rest of their lives - but can help with general confidence and independent thinking. All of our Bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors.



**Level 1** takes place in an off road environment and teaches riders how to control and master their bikes



**Level 2** gives participants on-road experience in residential traffic to help them prepare to make short journeys by bicycle



**Level 3** teaches individuals the skills to ride effectively on more complex roads and in further challenging traffic situations



COURSE INFORMATION	WHAT WILL YOUR CHILD NEED?
<p><b>Bikeability Level – 1</b>                      Number of sessions – 1                      Dates – Friday 27<sup>th</sup> September                      Year groups – Year 3/4                      Timing – 2 hours per session 9:15-11:15am or 1pm-3pm (your school will allocate a session for you)</p>	<ul style="list-style-type: none"> <li>• A complete consent form (see section overleaf)</li> <li>• A roadworthy bike without stabilisers (see bike check guidance)</li> <li>• A helmet (see fitting guidance)</li> <li>• Suitable clothing for the weather conditions</li> </ul>

## FURTHER INFORMATION FOR PARENTS

This course develops the cycling skills and confidence of children who can already cycle. Please ask your school about Bikeability Balance and Bikeability Learn to Ride if your child can't already cycle. To benefit from Bikeability, your child must attend every session and practice what they learn after training. Bikeability skills and confidence will be lost without regular cycling. Bikeability engenders enthusiasm while building skills and confidence to cycle more safely, more often. Please support and encourage your child to continue cycling after training.

## HOW TO BOOK

Please complete and return a consent form (see overleaf) to school as soon as possible before **24<sup>th</sup> September 2024**

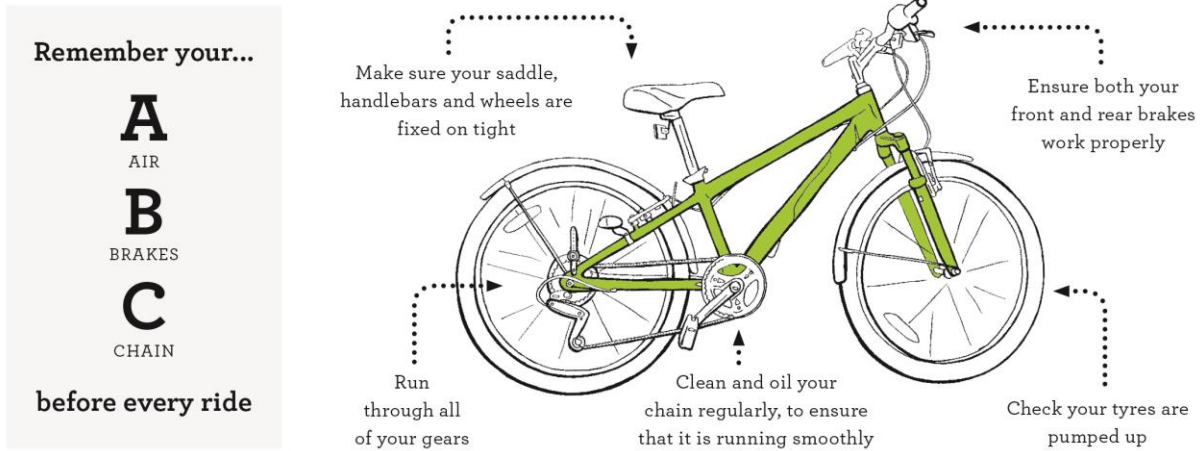


[www.bikeability.org.uk](http://www.bikeability.org.uk)

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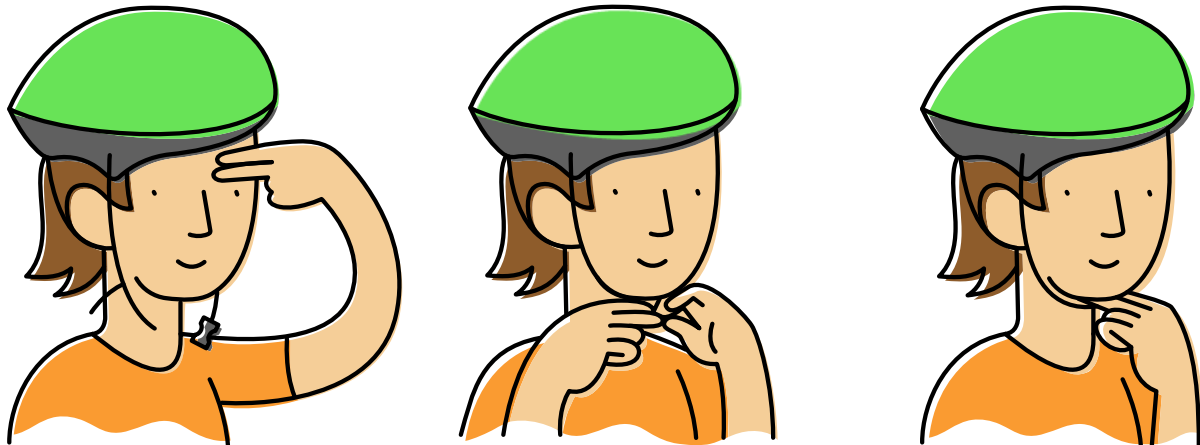
## Pre-course bike safety check

Visit Halfords online safety check [www.halfords.com/cycling/bike-maintenance/care-plans/free-bike-check](http://www.halfords.com/cycling/bike-maintenance/care-plans/free-bike-check)



Your helmet should sit on top of your head comfortably, (not too tight or too loose), with the peak sitting about two fingers width from your eyebrows.

The side adjusters should sit just below your ears forming a nice V on the side of your head, and the chin strap should allow for two fingers to fit between it and your chin.



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