

Woodstone Community Primary School

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Headteacher: Mr P Mullins
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Growing together, Learning forever

6th September 2021

Dear Parent/Carer,

Your child has the opportunity to take part in Bikeability cycle training being run in school during the week beginning **20th September 2021**. The training is limited to a maximum of 24 pupils and places will be allocated on a first come, first served basis. This is a requirement so that the trainers follow the Department for Transport delivery requirements for training times and trainer: trainee ratios. If, when you've read all the information below and the pre-course information, you would like your child to complete the Bikeability training, please complete the attached Consent Form and return it to school by **Friday 10th September 2021** at the latest.

The training will be delivered by qualified National Standards Cycling Instructors employed by Leicestershire County Council. All training is risk assessed. Your child will be provided with a high-viz vest to wear during the training.

The training is **free of charge** and is delivered to a national syllabus which aims to equip your child with the skills and confidence to cycle in a safe way.

There are two Levels of Bikeability training:

Level 1

This takes place in a traffic free environment, usually on the playground. Riders will learn to control and master their bikes and by the end of the session your child should be able to demonstrate cycling skills and knowledge to enable them to progress to level 2. **Please note that your child must be able to demonstrate an ability to ride**; there are three tick boxes on the parental consent form; please tick the statement which applies to your child. During level 1 training, trainees are taught how to improve their cycle skills in order to progress to safe riding strategies on quiet roads. If your child is unable to ride or has very poor riding skills they will not be able to participate in level 1.

Level 2

This takes place on local roads and gives your child a real life cycling experience aimed at dealing with traffic on short journeys such as cycling to school. By the end of the course your child should be able to demonstrate confidence and decision making while cycling.

As a guide Level 1 training takes two hours and Level 2 training will take six hours. Successful completion of Level 1 will lead to an award of a badge and a personalised certificate, and similarly for Level 2.



Level 1 has a number of outcomes which will be taught and have to be achieved by the children to progress to Level 2. Unfortunately for some children they are simply just not ready to progress to Level 2 and the Instructor will provide feedback to your child's class teacher at the end of the Level 1 course. Any child that does not achieve Level 1 or Level 2 outcomes will not receive a badge but will still receive a certificate of participation. If this does happen the Instructor will provide feedback to the school but every effort will be made to enable every child to successfully achieve the outcomes.

More detailed information on all Bikeability training can be found at <https://bikeability.org.uk/what/>

For your child's comfort and safety and to ensure they receive the best possible training experience, please see the following **pre course requirements**.

Check Bikes

- **Brakes**-must have **TWO WORKING** brakes-this is a legal requirement for riding on the road and has to be strictly enforced by Instructors who check the brakes are working by applying them in turn and rocking the wheels back and forth-there should be no movement. Make sure brake blocks are not loose and are touching the rim of the wheel when applied.
- **Saddle**-should not move, either up or down or side to side.
- **Tyres/wheels**-both tyres should be fully inflated and in good condition (i.e. no cracks or splits or worn out tread). Wheel nuts should be tight –if fitted with quick release levers they should be firmly closed
- **Chain and pedals**-chain should be lubricated and not dry or brown or rusty. Pedals should spin freely on spindles.
- **Handlebars**-stand with the front tyre gripped between your legs and try and turn the handlebars from side to side-they should not move independently of the wheel. Handlebar ends should be fitted with plugs so no bare metal is exposed.
- If you are unsure about any aspect of bike checking any local bike shop will be able to carry out a basic safety check as described above, though there may be a fee for this service.
- In addition, a search of YouTube for “**sustrans check your bike is safe to ride**” will reveal a helpful video showing the above points in action <https://youtu.be/4qtx60bcNk0>

Check Helmets

- It is a condition of your child receiving Leicestershire County Council Bikeability training that a helmet must be worn (unless religious or cultural exemptions apply).
- Helmets should be in good condition with no cracks or splits and an appropriate size for the wearer.
- Side buckles should be adjusted to sit just below each ear.
- Chin strap- should be able to fit two fingers only between strap and chin.

Check Clothing

- Should be appropriate for current and forecast weather. Training will continue in the rain and is very rarely cancelled for bad weather. In the summer please provide sun cream and a drink, while in the

autumn and winter gloves are essential -cold hands means brakes become difficult to operate and may result in your child being unable to complete training.

- Leggings, tracksuit bottoms or shorts are best-baggy trousers can catch in chains.
- Shoes-flat soled with tread or grip-trainers or plimsolls are good, smooth soled school shoes are not appropriate.

Instructors will carry out a check of bikes, helmets and clothing before a course starts. They may make minor adjustments for comfort and safety but cannot undertake repairs or maintenance. **If a bike is not in the condition described above, then in the interests of themselves and the wider group your child will not be able to participate in training.**

Medical Conditions

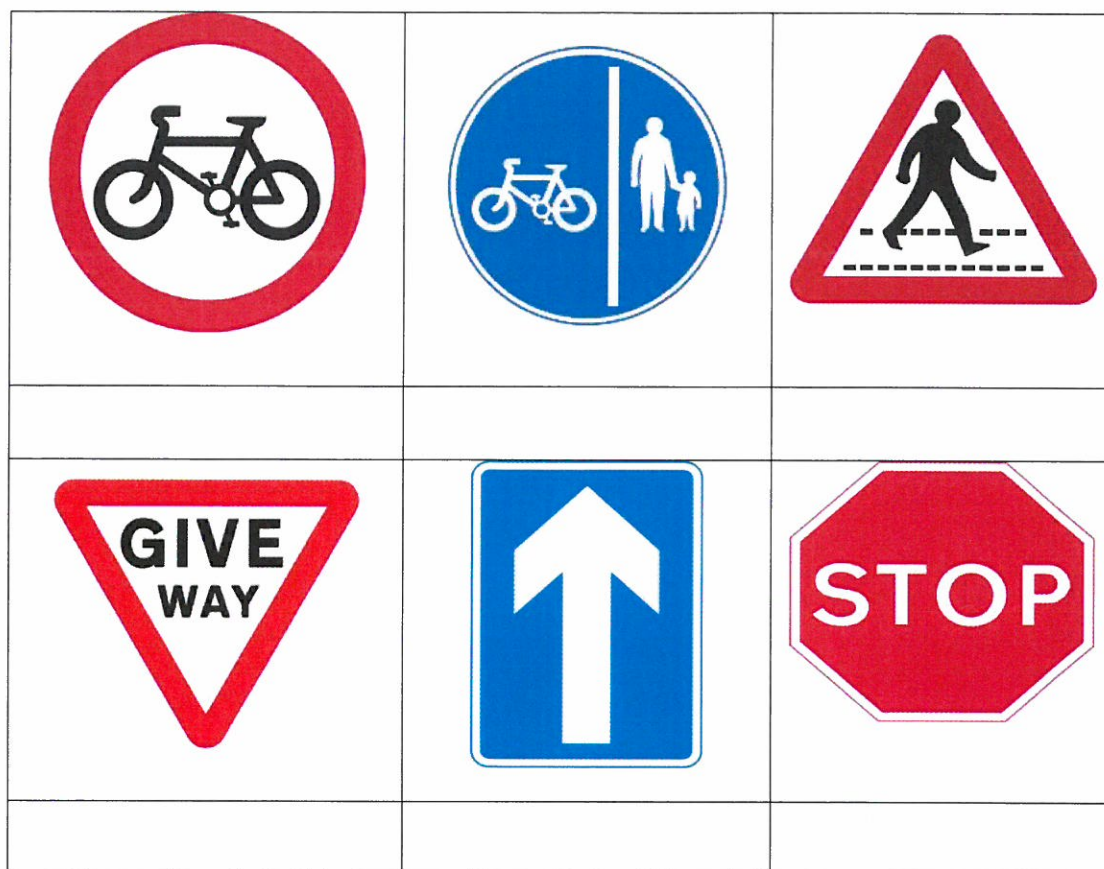
If your child has any medical conditions or medication that you consider will impact on this training then it is your responsibility to inform the school prior to training.

And finally

To assist your child, please work through the pre-course check list (below) together. It really helps with their progression if they have an understanding of road signs, which side of the road we use and vocabulary we will be using during the training:

1.	Road signs giving orders are what shape (must do and must not do)?	
2.	What shape are warning signs?	
3.	What shape is an information sign?	
4.	What does right of way mean?	
5.	Which side of the road do we use?	
6.	What is a junction?	
7.	Do you know what a major and minor road is?	
8.	What does fluorescent mean and when would you wear it?	
9.	What does reflective mean and when would you wear it?	
10.	Which two signs must be obeyed?	1 2

Do you know what these signs mean?



Please retain this information for future reference. For further Highway Code Information for young people please visit http://talesoftheroad.direct.gov.uk/pdf/tales_of_the_road.pdf

Yours sincerely,



Mr P Mullins
Headteacher