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Spring 2022

BIKEABILITY LEVEL 1 & 2 COURSE

BARROW HEDGES

w/c 28/02/2021, 14/03/2022 or 28/03/2022

Sustainable Transport Team

Cyclist Training

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Dear Parent / Guardian

I include important information which sets out the conditions for your child to **enrol on one of the courses organised at their school. Please read our Information for Parents and Conditions (below) before completing our on-line [Registration Form](#)**

- Visit www.kingston.gov.uk
- In the top right-hand corner search for 'cycle skills'
- Choose 'cycle skills for children level 1 and level 2'
- Use **Term time 'Bikeability 1 and 2 registration form'** to enter the details for your child.
- **OR type bit.ly/Level1and2** into a browser and use the form to enter the details of your child.

Each child will need to attend 3 sessions. Bikeability Level 1 and Bikeability Level 2. The School will get back to you to confirm which dates to attend.

Kingston and Sutton Councils deliver all cycle training to the National Standard, also known as Bikeability. This course covers Bikeability Level 1 and 2. At secondary school age, pupils are entitled to access more advanced Bikeability training to help them make independent journeys for example, to secondary school.

Covid-19 (coronavirus) measures

Please note that our courses have been adapted to follow updated guidance from The Bikeability Trust, in line with Government advice to prevent the spread of the virus.

- group sizes reduced to ensure physical distancing can be upheld throughout
- riders should not attend if anyone in their household shows symptoms of Covid-19
- riders will have to provide their own cycle helmets and a hi-viz tabard or wear a bright t-shirt or jacket
- it is recommended that riders bring their own tissues, sanitising wipes or hand gel
- masks are not compulsory as this is an outdoor activity.

I am sure your child will find the course both helpful and enjoyable. Their instructors are looking forward to meeting them.

Yours sincerely



Eric Chasseray
Sustainable Transport Officer, Cycle Training



Bikeability Level 1 & Level 2 Course

Information for Parents and Conditions

This course is only suitable for children in **Year 5 or above at the time of booking. They must live or attend a school in the borough.** This course develops the cycling skills and confidence of **children who can already cycle** and have **reasonable control skills.**

On these courses we teach **control skills** in an off-road location, before taking the children to **ride on single-lane roads with moderate traffic.**

The riders will be taught the Four Core Functions of Bikeability:

- Making good and frequent observations
- Choosing and maintaining the most suitable riding positions
- Communicating intentions clearly to others
- Understanding priorities, particularly at junctions.

You must supply a roadworthy cycle and of the correct size for each day of training.

All cycles will be checked and we will not allow an unsafe cycle to be used on the course. In particular, both brakes must work, the tyres must be in good condition and pumped up. The handlebars must be securely attached, fitted with grips and bar end plugs. Each course starts with the riders being taught the importance of a well-maintained cycle and how to carry out a simple check themselves.

You must provide an **approved cycling helmet** and must ensure that the helmet fits correctly. Match your child's head size to the size of the helmet. The front peak should sit around one inch above your child's eyebrows, all straps should then be tight preventing movement of the helmet on your child's head. Instructors, to the best of their skills, will advise on the fit of your child's helmet, but will not necessarily be able to judge from its appearance if it is in good condition.

Children should be **appropriately dressed** for the weather conditions during the training. It is suggested that a waterproof coat is worn if it is raining and sunscreen if it is hot and sunny. A small bottle of water is advisable when the weather is hot. Children will need to carry their own items whilst cycling, either using a bottle holder or small rucksack.

All participants will receive a **Bikeability certificate, badge and booklet.** Bikeability awards recognise every rider's progression during the course. Feedback will be provided to parents/carers on the certificate with clear information about riders' cycling abilities. Please support and encourage your child to continue cycling after their training.

Riders must demonstrate competent cycle control skills to progress to on-road training. If your child doesn't demonstrate these skills competently, consistently and confidently, we recommend they continue to practise and attend a future course.

See overleaf for an outline of the programme.



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

Bikeability Level 1 & Level 2 Training Schedule

Level 1 is a 2 hour **playground based** session. Two instructors will train up to 12 pupils to develop the following skills:

- Prepare themselves for a journey
- Check the cycle is ready for a journey
- Set off, pedal, slow down and stop
- Ride whilst looking behind, cycling one handed, turning and controlling speed.

Level 2 is two 2 hour sessions delivered **on-road**. Two instructors will train 6 pupils to develop the following skills:

- Cycle safely and responsibly
- Identify and respond to hazards
- Start and stop on-road journeys
- Maintain suitable riding positions
- Share the road with others and communicate with other road users
- Comply with signals, signs and road markings
- Manage risk when cycling
- Negotiate junctions (pass side roads, turn at T junctions, and crossroads and roundabouts if present).

To learn more about Bikeability log on to www.bikeability.org.uk