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Welcome to Bikeability !

Confident cycling is a skill for life that opens up a world of opportunity whether it is commuting to school, out for a family bike ride, keeping fit or just hanging out with friends. Budding cyclists have put their trust in Bikeability, gaining the confidence they need to take to the roads, what's more, they have had fun too!

Schools have trusted us for years to deliver a programme of cycle training and your child's school will be running free level one and two Bikeability Courses on the following dates (If more than one session is offered, your school will contact you with the session your child will be attending):

BURLINGTON JUNIOR SCHOOL DATES:W/C 15/1/24, 22/1/24, 29/1/24

Your child will have three, two hour, Bikeability sessions:

Session one is **Bikeability Level 1** and will be in an area without cars/roads where your child will learn how to:

- Maintain their cycle: make sure it is in tip-top condition and make simple repairs
- Bike control: including setting off, slowing down, braking, signalling and stopping.
- Being aware of surroundings: looking behind and turning around obstacles.

Session two and three are **Bikeability Level 2** and can feel like the biggest step for both you and your child, it's "real" cycling on actual local roads with moderate traffic, but with our expert instructors on hand, your child would feel confident and safe in no time at all. They will learn how to:

- Start and stop with confidence
- Pass stationary vehicles parked on a road
- Understand the road: signals, signs and road markings
- Negotiate the road: including junctions, crossroads and roundabouts
- Share the road with other road users

Places are limited, so in order to register your child please read the conditions on the following page **before** completing our on-line [Registration Form](#) (or type bit.ly/Level1and2 in your web browser)

Our instructors are looking forward to meeting your child!

Yours sincerely



Eric Chasseray
Sustainable Transport Officer, Cycle Training



Bikeability Level 1 & Level 2 Course

Conditions for Parents:

This course is open for children in Year 5 at Burlington Junior School.

They must live or attend a school in the Borough.

Children **MUST** be able to ride a cycle, independently with reasonable control skills.

Before the course:

Cycles

All cycles need to be in a **road-worthy condition** before starting on your course. We like to call them the 'ABCDs' of cycle maintenance. If you can answer yes to the ABCDs you are good to go!:

- **AIR:** Have your tyres got enough air?
- **BRAKES:** Do the front and back brakes work properly?
- **CHAIN:** Have you oiled it recently?
- **DIRECTION:** Are your handlebars fixed on tight? Is your seat tight and pointing forward?

Helmets

You **must** provide a **well fitted approved cycling helmet**:

- Measure and match your child's head size to the size of the helmet.
- Your helmet should sit on top of your head, not too tight or too loose, with the peak sitting about two fingers width above your eyebrows.
- The side adjusters should sit below your ears and form a nice V on the side of your head. The chin strap should allow for two fingers to fit between it and your chin.
- If you're still unsure - just [watch this short video](#)

THE SCHOOL HAVE A FEW BIKES AND HELMETS THAT YOU CAN BORROW FOR THE WEEK - PLEASE STATE THIS ON THE GOOGLE FORM

Clothing

School uniform to be worn for bikeability with trainers (if they prefer), we will go out in all weathers, even if it is raining so please make sure your child has a waterproof warm coat and gloves.

And, Finally

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, or register for a [Free Family cycle Skills session](#)

Help ! my child has outgrown their bike ...

Standard bike hire for adults and children is available for £30 per month through Try Before You Bike Scheme:
peddlemywheels.com/try-before-you-bike

Bikes are insured, come with helmet, lights and lock, and you can hire for up to six months, plus if you buy your bike, they give you the rental cost back with no hidden costs or tie-ins.

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



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