

Free

Bikeability Level 1 Cycle Training Course

Information Pack



Bikeability

Bikeability is the only approved cycle training programme supported by The Department for Transport. It is designed to enthuse participants about cycling whilst equipping them with the skills and confidence to ride more often. All the training is delivered by qualified, professional, DBS checked, National Standard instructors.



Bikeability Level 1 Training



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

During the course pupils will learn to:

- Prepare themselves and their bicycle for cycling.
- Get on and off your bike without help.
- Start off, pedal and stop with control.
- Pedal along, use gears and avoid objects.
- Look all around including behind and control the bike.
- Share space with pedestrians and other cyclists.

For more information on Bikeability, please visit www.bikeability.org.uk

Course Information

Number of Days: 1

Dates: Friday 9th November 2018

Year Groups: Year 4

Times: Throughout the school day

Format: 1x 2-hour session

What will your child need?

- A complete consent form (see overleaf)
- A roadworthy bike **without** stabilisers (see checklist)
- A helmet
- Suitable clothing for the weather conditions

Further information for parents

- This course is **not suitable** for non-riders
- It is important that your child attends the full session
- Please encourage your child to practice their off-road bike handling skills before the course
- We also offer private one to one training for children and adults as well as private family training. Please visit our website for more information:

www.outspokentraining.co.uk

How to book

Bikeability places are limited and places will be booked on a first come basis.

Please complete and return a consent form (see overleaf) to school as soon as possible.

Bike & Helmet Checklist – Compulsory Helmets

Fitting

SADDLE HEIGHT:

With the pedal at its lowest point (see picture), place heel on the pedal. The leg should be straight. Riders should also be able to touch the floor comfortably with their toes whilst sat on the saddle.

REACH:

The rider should be able to comfortably reach and operate the brake levers on the handlebars.

HANDLEBAR:

Check handlebars can't be twisted out of line with the wheels and are straight.

Bar ends must not be exposed.



Checklist

- 1. **Mechanical Conditions** Are all the parts tight and in good repair?
- 2. **Frame** Check that the frame fits your child
- 3. **Tyres** Are they fully inflated with plenty of tread and no bald patches?
- 4. **Wheels** Check spokes are not broken or loose and that both wheels run freely.
- 5. **Chain & Gears:** Is the chain oiled and not too loose or too tight? Check all gears can be changed easily. Fixed gear bikes are allowed.
- 6. **Brakes** Does the bike have two working brakes which stop the cycle with the minimum amount of pull on the brake levers?

- 7. **Brake Levers** Are the brake levers positioned so your child's fingers curve easily around them whilst the palm of their hand is on the grips?
- 8. **Saddle** Is the saddle straight, roughly horizontal and the correct height for the rider?
- 9. **Seat Post** Is the saddle the correct height for the rider with the seat post tight and not over the maximum limit?
- 10. **Helmet** Have you checked for cracks, frayed straps and that it conforms to BS EN 1078:1997 or equivalent?

Please note BMX bikes can be used on this course if the bicycle has two working brakes.

Level 1 Course Consent Form

Please read the following information before completing and returning the consent slip. I understand that:

- i) The instructors may refuse to train my child if they deem his/her bike to be unsuitable (instructors may make minor adjustments but won't fix faults or replace parts);
- ii) It remains my responsibility to ensure my child does not ride an unsuitable bike and if I am in doubt as to whether a bike is suitable I will seek the advice of a professional mechanic;
- iii) Instructors may at any time refuse to continue to train my child if his/her behaviour or cycling ability is deemed unsuitable; and
- iv) Outspoken Training is not responsible for any injury or any loss or damage which is not caused by an instructor's negligence.

I agree for my child to wear a helmet which I will provide. I understand that Outspoken Training will not be held liable for the results of any injury which it is later established may have been caused by wearing a helmet. The instructor will advise on the fit of the helmet but will not necessarily be able to judge from its appearance if it is in good condition.

I recognise that having participated in off-road training does not necessarily mean that it is safe for my child to ride a bicycle independently. To become a proficient cyclist takes more practice than lessons of this kind can provide.

I understand that pupil data collected will be used to support the delivery and monitoring of training sessions/courses. More information on how Outspoken Training processes data can be found in their Privacy Statement found on their website.

Photography and filming may also take place solely for the purpose of advertising for Outspoken Training.

Full Name of Child: _____

School: _____ School Year: _____

Are there any medical/ educational needs we need to be aware of?:

If you are happy for your child to be photographed and/or filmed, please tick here:

I confirm that I have read all the information enclosed in the 'Parental Information Form' and consent to my child (or the above child for whom I take responsibility) to take cycling lessons and related activities, which may include cycle maintenance.

Signed: _____ (parent/guardian)

Date: _____