

## **IMPORTANT INFORMATION FOR PARENTS 2017/18**

**Bikeability Level 2 cycle training** is a course teaching skills for quieter roads.

The session will begin off road where the instructor can assess the trainee's current level of cycling skills. The training will then progress on to the road and the trainees will be taught:

- How to start and finish a journey
- Be aware of potential hazards
- Understand how and when to signal intentions to other road users
- Understand where to ride on roads being used
- Pass parked or slower moving vehicles
- Pass side road
- Turning into and out of road junctions
- Demonstrate a basic understanding of the decisions you make while cycling
- Demonstrate a basic understanding of the Highway Code
- Optional training: filtering, mini roundabouts, crossroads

Our instructors develop road cycling and safety skills through explanation, demonstration and practical exercises on the road. We focus on the 'see and be seen principle', making sure that the trainees learn to look properly and learn how to communicate effectively with other road users.

Most of the course time is spent on the road practicing traffic skills under the supervision of our qualified Instructors. Our Instructors are accredited to the National Standard for Cycle Training, are trained in basic First Aid and have DBS clearance. We risk assess the roads around each school and select an area that is suitable for training.

### **Preparing for the course:**

Please make sure that your child's bicycle is in a mechanically safe condition; we cannot make repairs. A bicycle check guide will have been included in the paperwork the school has sent you. BMX bikes are allowed but both brakes must be fitted.

Before your child attends the first session please check that he or she can:

- start and stop safely
- cycle in a straight line without losing control
- take one hand off handlebar without losing control ▪                      look behind without losing control

Please note that if a trainee cannot safely perform the assessment tasks at the first session, they will not be able to go on the road to continue the training.

If your child has any special needs and you feel that they would benefit from using an adapted bike please contact the charity 'Surrey Wheels For All' ([matthew.Wing@cyclimg.org.uk](mailto:matthew.Wing@cyclimg.org.uk)) who may be able to assist in the provision of an adaptive bicycle. Please be assured, that any information is treated in the strictest of confidence.

**Weather conditions :** Please make sure your child is properly dressed for the weather. We will aim to continue training in most weathers where safe to do so.

## **IMPORTANT INFORMATION FOR PARENTS continued**

At the end of the course, your child will receive an assessment certificate. This will show you exactly what your child has been taught and achieved. We hope this will help you with the further development of your child's cycling skills.

**Highway Code** You and your child may wish to look at the Highway Code for young road users. Produced by the Department for Transport it is entitled "Tales of the Road" which is available online at <http://think.direct.gov.uk/education/early-years-and-primary/pupils/over-7s/read/tales-of-the-road/>

### **Any questions?**

If there is anything you'd like to discuss prior to the course, please get in touch. You can either contact us via the school office or you can call Surrey County directly on 03456 009 009 and ask for 'cycle training'.

### **Conditions**

1. You need to return the completed consent form for your child to be accepted on to the course.
2. If a trainee's behaviour endangers anyone's safety, they will not be able to continue the course.
3. If a trainee's bike is not roadworthy, they will not be able to continue the course until it is fixed.
4. If a trainee cannot safely perform the assessment tasks on the first day, they will not be able to go on the road to continue the training.
5. If a trainee is absent from any part of the course, it will be at the instructor's discretion as to whether the trainee will be able to continue with the training. This is due to the progressive nature of the training. If the Instructor judges that a trainee who has missed some of the course would (a) not be safe on the road and/or (b) would need time on exercises that would prevent the rest of the group completing the course, then they will not be allowed back on the course.
6. A helmet will cushion a blow to the head within the limits of its design standard. We very strongly recommend that your child wears a helmet. Please also check to see if your school has rules about wearing helmets.

**Please read through the consent form, sign it and return it to the school with your payment.**