



# Bikeability Cycle Training

Dear Parent/Guardian

Your child has the opportunity to participate in Bikeability Cycle Training. This course seeks to give children the skills and confidence to cycle safely on the road. This fun course starts in the playground and will continue on quiet roads around the school.

Ideally your child will use their own bike for the training, but bikes can be loaned to those without. Please tick the box at the end of the form to request a bike and/or helmet loan.

Children need to be able to ride a bike to take part in Bikeability Level 1 and 2. If your child cannot ride a bike, please tick the box at the end of the consent form and we may be able to arrange a slot to teach them during our time in school.

The cycling will continue whatever the weather, so please send your child with warm and waterproof clothing. Gloves are a good idea. We suggest that pupils wear trousers or tracksuit bottoms when training.

**The training will take place during school time on:  
Monday 13th – Friday 17th and Monday 20th – Wednesday 22nd October.  
Your school will tell you which days your child will receive their training.**

This course is being run by Cycle North on behalf of Rotherham MB Council and the instructors are fully qualified, checked and insured.

Your child will need to have with them, for all their course sessions:

- A bike which is roadworthy and fits properly.  
A bike check will be carried out on the first day and any bike which is not roadworthy cannot be used on the course. I've attached a bike check form to help you ensure that your child's bike is in a good condition.
- A cycle helmet (which fits!)
- Warm clothing and a water-proof jacket

Your child will be continuously assessed throughout the course. The training will start with a playground session and the children must reach the required standard in cycle control, in order to proceed to the on-road Level 2 sessions that follow. At the end of the course, all children will receive a certificate that confirms their participation on the course along with a badge.

Andrew Crossley (Bikeability Training Manager)

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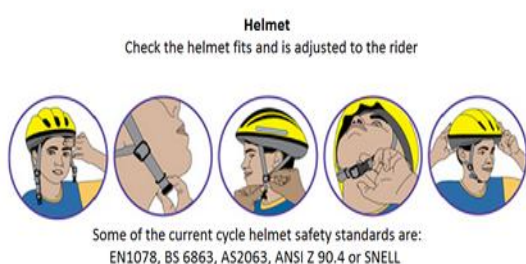
## Is the bike alright to use?

The cycle training can be done on any sort of bike, as long as it is roadworthy and has both a front and back brake. Please check your bike using the checklist below. If in doubt take it to a bike shop and ask them to check it. Our trainers are not mechanics but may be able to make minor adjustments on the day. Unfortunately, if your child arrives with a bike that we do not consider safe to use on the roads, your child will not be able to do the training unless you have booked a loan bicycle with us.

# Bicycle Checklist

As a part of the training course, your child's bike will be assessed by an instructor to check if it is in a safe and roadworthy condition.

**Unsafe bikes can not be used on the course.**



**!** Only carry out adjustments or repairs if you know what to do. If you are unsure, take the bike to a local bike shop.

**Saddle**  
Adjusted to the riders height without exceeding the safety limit (look for a notch on the saddle post). Check saddle points forward and does not wobble.

**Handlebars**  
Check handlebars can't be twisted out of the line of the wheels and are straight. Bar ends must not be exposed.

**!** Check rider can easily reach the brakes.

**Cables**  
Check cables are not frayed, broken or loose.

**Brakes**  
Both front and back brakes must work. Check brake block is in correct position, not touching the tyre and not worn out.

**Wheels**  
Check if the wheels spin freely and straight, that there is no damage to the spokes. Nuts and levers are securely tightened.

**Chain & Gears**  
Check the chain is well oiled and not too tight or too loose. Check all the gears can be changed easily.

**Pedals**  
Check pedals are securely attached to crank and spin freely.

**Bike Size**  
Rider should be able to reach handlebars and touch the ground easily with toes of both feet

**!** Check rider's toes can easily reach the ground

**Tyres**  
Check that the tyre is firmly pumped up. There should be no damage, punctures or excessive wear.

