

Bikeability Training Parent/Carer Consent Form

Dear Parent / Carer,

Your child has the opportunity to take part in Bikeability training provided by BCP Council.

Bikeability is the government's national cycle training programme based on the National Standard for Cycle Training. Cycling is a life skill with many benefits: it encourages independent mobility, is great for the environment, and improves physical and mental health. Bikeability builds the skills and confidence of people who can already ride and prepares them for a lifetime of cycling. Evidence shows Bikeability helps more people cycle, more safely, more often.

Bikeability is funded by the Department for Transport and is delivered by trained, professional and DBS-checked Bikeability instructors.

Bikeability trains riders to make independent decisions and practice safe and responsible cycling through:

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

Bikeability is offered at three levels:



Level 1 develops mastery in cycle handling skills in traffic-free environments



Level 2 develops skills for cycling on single-lane roads with simple junctions and moderate traffic



Level 3 develops skills for cycling on busy, complex roads and junctions

Riders must demonstrate all National Standard assessment criteria independently before they progress on to the next Bikeability level. All participants receive an official Bikeability certificate including a personal cycle skills profile.

COURSE INFORMATION	WHAT WILL YOUR CHILD NEED?
School: Bearwood Primary Bikeability Levels: Levels 1 and 2 Number of sessions: 4 sessions Dates: 11th, 12th, 13th & 14th July 2022 Times: 1.15 – 3.15pm	<ul style="list-style-type: none"> • Completed consent form (see overleaf) • Roadworthy bike without stabilisers (see bike safety check) • Helmet • Suitable clothing for the weather conditions

Important bike, helmet and clothing guidance is available at <http://www.bikeability.org.uk/get-ready/>

Bikeability places are limited and places will be booked on a first come basis. Please complete and return the consent form to school as soon as possible. Thank you.

Bikeability Training Parent/Carer Consent Form

Please read the following information carefully before completing and returning the consent form to your child's school. I agree to the following:

1. My child can participate in the Bikeability course described above.
2. My child can **already cycle unaided for at least one minute without help or stabilisers**. Instructors will refuse participation if this is not the case.
3. I am responsible for ensuring my child has a roadworthy cycle for training. Instructors will refuse participation if this is not the case.
4. I will ensure my child is appropriately clothed for the weather.
5. I understand instructors are not responsible for any injury or liable for any loss or damage to participants' cycles and other belongings.
6. I will provide a suitable cycle helmet that fits my child's head well.
7. I will encourage my child to practice between sessions and support their cycling after training.
8. I understand the information I provide below will be processed in accordance with BCP Council's privacy policies.

More information is available at: <https://www.bcpCouncil.gov.uk/About-BCP-Council/Privacy/Privacy.aspx>

Full Name of Child:	
School:	School year:
Medical conditions or any Special Educational Needs or Disability that the instructors need to be aware of:	

If you are happy for your child to be photographed and/or filmed to help promote Bikeability, please tick here ☐

Please tick **one** of the following:

- ☐ I will collect my child at the end of each session, **or**
- ☐ My child has permission to travel home unaccompanied following each training session

Parent / carer name:	
Parent / carer signature:	Date:
Parent/ guardian emergency contact number:	