

Essential Information

Please tell us about any medical conditions or additional needs that your child may have.
e.g. asthma, epilepsy, autism, sight, hearing etc.

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I have read and understood the information.
I have checked my child's cycle is roadworthy
and I understand that I am responsible for it
being roadworthy for the training session.

I understand that my child will be trained in
a traffic free area and will be supervised at all
times.

Signed

Date



Bikeability

Bikeability training is the Cycling Proficiency Test for the 21st century, designed to give children the skills and confidence to ride their bikes on today's roads.

There are three Bikeability levels:



Level 1 - introduces basic skills in a traffic free environment.

Level 2 - develops safe riding techniques on quiet roads but with real traffic conditions.

Level 3 - enables riders to cope with all traffic conditions and is taught on busy roads.

Further Information

To find out more about Bikeability Courses in Bristol please contact Bristol Road Safety
email: road.safety@bristol.gov.uk
www.bristol.gov.uk/roadsafety

For Bikeability
www.bikeability.org.uk

For cycling in Bristol
www.betterbybike.info

For learn to ride & inclusive cycling in Bristol
www.betterbybike.info/familycyclingcentre

If you would like this information in a different format, for example, Braille, audio CD, large print, electronic, BSL DVD or community languages, please contact us on 0117 922 4383.



Level 1 Bikeability Basic Cycle Training



Course Details

The course is designed to develop basic cycle skills. The aim of the course is to enable children to cycle with confidence in traffic free areas. This training takes place in the school playground during school time in one session, using fun cycling games and activities.

Preparing for the training

Each child attending the course must be able to ride a bicycle **without stabilisers**. It is essential that you ensure your child's bike is roadworthy before

taking part in this course. If you are unsure how to fix any faults then please seek advice from a bike shop. Instructors cannot train any child whose bike, riding or behaviour is deemed unsafe.

Taking Part

Please return the completed form to school.

Frequently Asked Questions

Who are the Instructors?

All of the Bikeability team are fully accredited national standards cycle instructors. There will be one instructor per course with an assistant from the school, working with a group of 15 pupils.

My child hasn't learnt to cycle without stabilisers, will this course be suitable for them?

No. This course isn't about teaching children to ride. Please visit Bristol Family Cycling Centre for Learn to Ride sessions or contact us for advice.

What happens if my child is absent or forgets to bring their bike?

This is a one off session so if your child is absent or forgets their bike on the day of the training then they won't be able to take part.

Does my child need any special equipment to take part?

No, all they need is a bike and clothing suitable for cycling in the weather on the day (school uniform is usually fine, although girls may find trousers easier to cycle in than skirts). Bristol City Council strongly recommends wearing a correctly fitted helmet.

What if it rains, does training still take place?

In light rain, training will still take place so please bring a waterproof coat. In the event of heavy, persistent rain the training is likely to be suspended and rescheduled for another date.

My child has special needs, can they still take part?

Most children with special needs will be able to undertake the training with their peers and the training can be adapted to suit the needs of the individual. Please contact us to discuss individual requirements in advance.



Parent/Guardian Consent Form

Child's Name:

Age: Male/Female

School:

Class:

Your Name:

Do you go cycling as a family? YES NO

Please visit:
www-bristol.cycletms.com to see our privacy notice explaining how we use your data.

Continued overleaf