

## National Standard Course / Bikeability

Dear Parent / Guardian,

Bikeability courses will be running in your school in **March 2019** for Year 6 students and we hope that you will encourage your child to take part. The National Standard for Cycle Training/Bikeability has been introduced by Department for Transport to provide children with the practical skills, theoretical knowledge and confidence to cycle safely on today's roads. Bikeability offers a unique opportunity for your child to gain insight and understanding of how roads work and to improve their overall hazard perception and road awareness.

The two day course is delivered by North Yorkshire County Council and consists of two Levels;

**Bikeability Level 1** - (Half a day in the playground) This level includes; Helmet and bike check; cycling control skills including starting/stopping; manoeuvring at different speeds; looking behind and signalling left and right without wobbling; correct use of gears. If a pupil successfully meets Level 1 standards they can progress to Level 2. ⇨

**Bikeability Level 2** - (One and a half days on local roads) This level is more advanced and includes; Starting and stopping on-road; passing parked cars; passing junctions; road and traffic awareness, road positioning; left and right turns from major and minor roads; decision making and hazard perception; understanding rights of way, road rules, road markings and road signs. ⇨

**At the end of the course** - Each trainee receives a Bikeability Level 1 or 2 badge and certificate / assessment report. There is no test with Bikeability, levels are awarded when all outcomes are completed competently and confidently.

All NYCC Bikeability instructors are fully qualified Level 3 National Standard Cycling Instructors who are familiar with local traffic conditions. The roads used during the course are risk assessed by your local Road Safety Officer to ensure they are suitable for this training. When cycling on the road your child will be fully supervised and accompanied by Bikeability Instructors. High visibility jackets will be provided to be worn at all times.

### **For your child to take part, you will need to ensure that your child has:**

- ❖ **A roadworthy bike.** The attached checklist may be of use to you to show what we will be checking prior to the course starting. A child will not be allowed to take part if a bike is considered unsafe. If you are unsure, please visit your local bike shop for professional advice.
- ❖ **An approved, well-fitting cycle helmet** conforming to standards:-EN 1078 or SNELL B 95. Damaged helmets, full face motorbike style helmets and helmets used for other sporting activities are not acceptable for the course.
- ❖ **The ability to ride a bike!** This course is not intended as a basic training course. It is a starting point for life long development of good practise as a cyclist on the road. Children need to be able to cycle and balance properly especially when giving hand signals to take part. If your child cannot do so, it would be very helpful to them (and us) if you would give them some opportunities to practice their basic cycling and balance skills before the course starts.
- ❖ **Suitable outdoor clothing for cycling**, depending on the weather and the time of year. (Comfortable, layered clothing, sensible footwear, coat, waterproofs, sun cream, water, medications.) Gloves are highly recommended.

Further details about this course can be found at [www.bikeability.org.uk](http://www.bikeability.org.uk)



**Attached is a consent form, which must be signed and returned to the school by Fri 8<sup>th</sup> March.**