



Cycle Leeds
HEART
Bennett Road
Headingley
Leeds
LS6 3HN

Year 6 Bikeability (Level 1 and 2) at Park Spring Primary School

Your child has the opportunity to participate in a cycle training course this year which will teach your child techniques for riding safely on the road. In order for your child to take part, you will need to complete the attached consent form and return it to your school.

Children need to be able to ride a bike in order to take part in Bikeability Level 1 and 2. If your child cannot ride a bike yet, 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 training is FREE; all you need to provide is a suitable, roadworthy cycle, bicycle helmet and appropriate clothing for the training. If your child does not have a helmet but has the ability to ride a bike we can supply them with one for the duration of the course – see the consent form. Leeds City Council has a compulsory helmet wearing policy and all children will be issued with a high visibility vest to maximise their on-road safety.

The course will take place in all but the most severe of weather so you should ensure that your child has warm and waterproof clothing especially gloves. We suggest that pupils wear trousers or tracksuit bottoms when training. When the weather is warm please ensure your child is provided with sunscreen and a water bottle.

**The training will take place during school time on:
Monday 5th October – Wednesday 7th October 2015
Your school will inform you as to which days your child will receive the training.**

Courses are governed by National Standards and are run by qualified, accredited, professional cycling instructors who are fully insured and DBS/CRB verified.

The teaching will take place on quieter roads near to the school that have been assessed for their safety and appropriateness. If the training is completed then a short bike ride will take place as a reward for completing the training. The ride will be either off road (a park, cycle path etc) or on road led by the instructors.

Your child will need some **basic cycling skills** in order to take part in the training. At the start of the training we expect the children to be able to:

- get on and off the bike
- start off and pedal
- stop under control
- manoeuvre around obstacles
- look around without excessive wobbling
- signal right and left (by taking that hand off the handlebars) without excessive wobbling

Please check that the cycle your child will be using is roadworthy.

I enclose an information sheet that describes what we mean by roadworthy. If the cycle is not roadworthy, we cannot train using it and we recommend that bikes are checked over by a local bike shop.

Your child will be continuously assessed throughout the course. At the end of the course all children will receive a certificate that confirms their participation on the course along with a badge. Between sessions, please encourage your child to practice what they have learned. If you have any queries about training, or would like some training yourself, please do not hesitate to contact me or have a look at our website, see below.

Yours Sincerely,

Andrew Crossley (Bikeability Training Manager) andrew.crossley@cycleleeds.org.uk Mobile: 07504 282133

www.cycleleeds.org.uk



Is the bike alright to use?

The cycle training can be done on any sort of bike so 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 trainees 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.

This list is not comprehensive and does not guarantee your bike is safe.

Wheels and tyres:

- Check the tyres are pumped up. You should not be able to squeeze the sides of the tyres in.
- Remove any embedded glass in the tyres. If a tyre has large cuts in it, it should be replaced.
- Are the wheel nuts tight or the quick release levers closed? If they are and the wheels still wobbles from side to side. Get it fixed at a bike shop.
- Get any broken or very loose spokes fixed.
- The wheels should spin freely without the rim or tyre hitting anything such as the brakes or mudguards.

Brakes:

- Make sure that your child can operate the brakes comfortably.
- Try pushing the bike back and forth with the brakes on, there should not be much movement.
- Check that the brake levers do not touch the handlebars when pulled on. If they do they will need adjusting.
- Check the brake blocks are hitting the rim squarely. If they don't or they touch the tyres, get them adjusted.

Handlebars and saddle:

- Check that you can't see a maximum mark on the tubes holding the handlebars and saddle.
- Check the handlebars will not turn in their tube if the front wheel is held tightly.

Does the bike fit:

- Your child should be able to comfortably stand over the bike.
- The saddle should be high enough so that the child's leg is only slightly bent at the bottom of the pedal stroke.

If you need further information please contact us. It is important that bikes are roadworthy but it's more important that your child receives the cycle training. Remember if you do not have a suitable bike we can provide one for you (as long as you let us know on the consent form).



BIKEABILITY CYCLE TRAINING

Parent or Guardian Consent form

Return this whole sheet to your child's school

Your child's name: _____

School: _____

Class: _____

Medical Information

Please tell us of any medical condition which we should know about in the box below. For example poor eyesight, asthma, epilepsy, impaired hearing etc. It is unlikely that a medical condition will prevent your child from receiving training.

Please read and sign the following declaration

I have read and understood the letter to parents.

I will check my child's cycle to ensure it is roadworthy and I am responsible for keeping it roadworthy throughout the course. I authorise instructors from the Cycle Leeds Team to carry out minor adjustments to the cycle.

I understand my child will be trained on public roads, wearing a high visibility top and will be supervised at all times. The training may also include an off road bike –ride at the end of the course or to access an appropriate training area i.e a park, cycle path etc.

I accept that Cycle Leeds Team can refuse to teach my child if their behaviour or ability level is deemed to be unsuitable.

I understand that Cycle Leeds Team is only insured for any loss, damage or injury caused by the instructors or trainees for which they are responsible.

Trainees should not be considered safe to ride in all traffic conditions at the end of the course, but please encourage them to practice and supervise them if possible and their confidence will improve further.

Please tick the box if you wish your child to have loan of a bike helmet

Please tick the box if you wish your child to have loan of a bike

Please tick the box if your child cannot ride a bike yet

Signed: _____

Date: _____

