



INFORMATION FOR PARENTS AND CARERS

CHECKLIST TO PREPARE YOUR CHILD FOR BIKEABILITY LEVEL 2

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| ✓ | Please complete the consent form and return it to the school office. |
| ✓ | Please make sure that your child's cycle is in a mechanically safe condition. A cycle check guide is included in the paperwork the school has sent you. BMX cycles are allowed but both brakes must be fitted. Please note our Instructors cannot make repairs. |
| ✓ | Before your child attends the first session please ensure that they can: <ul style="list-style-type: none">• start and stop safely• cycle in a straight line without losing control• look behind without losing control• take one hand off the handlebar without losing control (not required for some adapted cycles) If your child cannot safely perform these assessment tasks at the first session, they will not be able to go on the road to continue the training. |
| ✓ | We recommend that your child wears a helmet. Please ensure it is adjusted properly as shown in the cycle check guide. |
| ✓ | Please make sure your child is properly dressed for the weather. We will aim to continue training in most weathers where it is safe to do so. |

WHAT YOUR CHILD WILL LEARN

Bikeability Level 2 cycle training is a course teaching skills for quieter roads. We risk assess the roads around each school and the trainees cycle to different junctions with varying traffic conditions.

The session will begin in the playground where the instructor can assess your child's current level of cycling skills. The training will then progress on to the road. During the training your child will learn how to make independent decisions and cycle responsibly using the four core functions:

- 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

Trainees will be taught to cycle away from the gutter - to ride in either the 'secondary' or the 'primary' road position. Secondary is between 0.5 and 1 metre from the kerb and primary is in the centre of the lane. Trainees will learn the appropriate position depending on the road, the traffic, and the manoeuvre they are making.

At the end of the course, your child will receive a badge and certificate. A parent handbook will also be given, and we hope this will help you with the further development of your child's cycling skills.