

Bikeability /National Standard Course

Dear Parent / Guardian,

Bikeability courses will be running at your school for Year 6 pupils, and your child has the opportunity to take part.

The National Standard for Cycle Training / Bikeability has been introduced by the DFT with the aim of helping more people cycle more safely and more often. Bikeability courses provides riders with the theoretical knowledge, practical skills, and confidence to cycle safely on today's roads and teaches riders to make independent decisions and practice safe and responsible cycling. The course is a unique opportunity for your child to gain a better understanding of how roads work. Evidence shows that cycle training improves spatial awareness and overall hazard perception skills.

This two-day course is delivered by North Yorkshire County Council and consists of two levels;

Bikeability Level 1 (Morning on the school playground) Level 1 includes:

helmet and bike check; cycling control skills; starting/stopping; manoeuvring at different speeds; looking behind then signalling left or right without wobbling; correct use of gears.

If the outcomes are successfully completed, the trainee can progress to Level 2. ⇨

Bikeability Level 2 (One and a half days on local roads) Level 2 is more advanced and includes:

starting and stopping on-road; road positioning; passing parked cars; passing junctions; left and right turns from major and minor roads; road and traffic awareness; decision making and hazard perception; understanding road rules, road markings, and road signs. ⇨

At the end of the course There is no test with Bikeability. Levels are awarded when outcomes are completed competently and confidently. All trainees will either receive a Level 1 or Level 2 badge and certificate / assessment report, booklet with all the course information and outcomes, and a high quality Hi-Vis waistcoat.

NYCC provides experienced, fully qualified, professional cycling Instructors who know the 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 provided with a high visibility waistcoat and fully supervised at all times.

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

- ❖ **The ability to ride a cycle.** The course is not intended as a basic training course, rather a starting point for life long development of good practise as a cyclist on the road. Children must be able to pedal and glide and have the ability to balance properly when communicating with traffic. 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.
- ❖ **A roadworthy cycle.** 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.
- ❖ **An approved, well- fitting cycle helmet** conforming to standards -**EN 1078**. Damaged helmets, full face motorbike style helmets, and helmets used for other sporting activities are not acceptable.
- ❖ **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



Attached is a consent form, which must be signed and returned to the school by Friday 18th September to confirm a place on the course.