



Bikeability Cycle Training

Dear Parent/Guardian

Your child has the opportunity to participate in Bikeability Cycle Training. This course seeks to give children the skills and confidence to cycle safely on the road. This fun course starts in the playground and will continue on quiet roads around the school.

In order for your child to take part, you will need to complete the consent form via the QR code. Payment is not required as training is free.

Children need to be able to ride a bike to take part in Bikeability Level 1 and 2. If your child cannot ride a bike, please tick on the online consent form and we will be able to arrange a slot to teach them during our time in school.

Please note: if your child needs to borrow a bike and/or helmet for the training, we are able to provide these. **You do not need to contact us separately to request them** – please just indicate this when prompted on the online form.

The cycling will continue whatever the weather, so please send your child with warm and waterproof clothing. Gloves are a good idea. We suggest that pupils wear trousers or tracksuit bottoms when training.

**The training will take place during school time on:
Monday 16th – Friday 20th and Monday 23rd – Wednesday 25th March.
Your school will tell you which days your child will receive their training.**

This course is being run by Cycle North on behalf of Rotherham MB Council and the instructors are fully qualified, checked and insured.

Your child will need to have with them, for all their course sessions:

- A bike which is roadworthy and fits properly.
A bike check will be carried out on the first day and any bike which is not roadworthy cannot be used on the course. I've attached a bike check form to help you ensure that your child's bike is in a good condition.
- A cycle helmet (which fits!)
- Warm clothing and a water-proof jacket

Your child will be continuously assessed throughout the course. The training will start with a playground session and the children must reach the required standard in cycle control, in order to proceed to the on-road Level 2 sessions that follow. At the end of the course, all children will receive a certificate that confirms their participation on the course along with a badge.

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



Is the bike alright to use?

The cycle training can be done on any sort of bike, as 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 trainers 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.

Bicycle Checklist

As a part of the training course, your child's bike will be assessed by an instructor to check if it is in a safe and roadworthy condition.

Unsafe bikes can not be used on the course.

Helmet
Check the helmet fits and is adjusted to the rider

Some of the current cycle helmet safety standards are:
EN1078, BS 6863, AS2063, ANSI Z 90.4 or SNELL

Saddle
Adjusted to the riders height without exceeding the safety limit (look for a notch on the saddle post). Check saddle points forward and does not wobble.

Handlebars
Check handlebars can't be twisted out of the line of the wheels and are straight. Bar ends must not be exposed.

Check rider can easily reach the brakes.

Cables
Check cables are not frayed, broken or loose.

Brakes
Both front and back brakes must work. Check brake block is in correct position, not touching the tyre and not worn out.

Wheels
Check if the wheels spin freely and straight, that there is no damage to the spokes. Nuts and levers are securely tightened.

Tyres
Check that the tyre is firmly pumped up. There should be no damage, punctures or excessive wear.

Chain & Gears
Check the chain is well oiled and not too tight or too loose. Check all the gears can be changed easily.

Pedals
Check pedals are securely attached to crank and spin freely.

Bike Size
Rider should be able to reach handlebars and touch the ground easily with toes of both feet

Check rider's toes can easily reach the ground

Only carry out adjustments or repairs if you know what to do. If you are unsure, take the bike to a local bike shop.

Bikeability Cycle Training Parent or Guardian Consent Form

It is now easier to sign your child up to Bikeability training. Please visit

<https://consent.bikeability.org.uk/cam-those-rob> or access the site through the QR code below and follow the online instructions.



**Maltby Manor
Academy-Rotherham**

Privacy Notice

The information that you provide on this form will only be used to enable your child's participation in the Bikeability programme. Rotherham City Council is the Data Controller of the information you provide, and it is held only with your explicit consent. Cycle North, who deliver the training on behalf of the Council, are a data processor of this information. The Council will hold this information for 6 years after which point it will be securely destroyed. The Council's corporate privacy notice, which includes details of the authority's Data Protection Officer and your Information Rights is available at: <https://www.leeds.gov.uk/privacy-statement/privacy-notice>.