

Dear Parents/Carers,

Bike Right will soon be coming to your child's school to run a Bikeability Level 1 course.

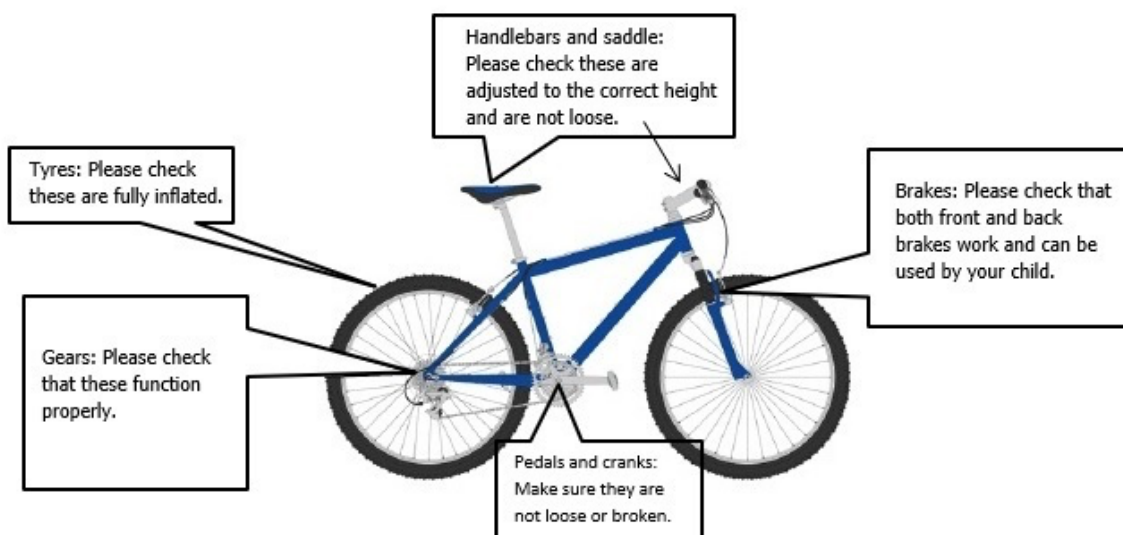
What is Bikeability Level 1?

Bikeability is the government's national cycle training programme. **There is no cost to take part.**

Level 1 takes place off-road, normally on the school playground. This means that children can learn in a traffic-free environment. Pupils do not leave the school premises. Level 1 is for children who can already ride unaided (with no stabilisers) and are ready to build their cycling control and pedalling skills. If you would like to see what activities Level 1 will include, you can visit <https://www.bikeability.org.uk/get-cycling/cycle-training-for-children/bikeability-level-1/>

What will my child need?

- **The ability to ride a cycle unaided.** This can be a two-wheeled bike with no stabilisers or an adapted cycle.
- **A signed consent form.** Please complete on the next page and return to school at least one week before the first day of the course.
- **A cycle helmet.**
- **Appropriate clothing.** It is important, especially during the cooler months, that children wear gloves and warm, dry clothing as they will be outside during their session. We recommend wearing a waterproof!
- **A cycle that is ready to ride.** Please follow the simple guide below to check whether your child's cycle is suitable. See law on the use of e-bikes www.gov.uk/electric-bike-rules



Please note that children cannot take part if their bikes are considered unsafe.

Bikeability is for all! If your child requires any reasonable adjustments to take part in their school's Bikeability session, please just let us know! You can either speak to your school contact who is arranging the training or get in touch with Bike Right directly on the contact details below.

Bike Right

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Bike Right is a limited company registered in England and Wales. Registered number: 5742951.



Bike Right Bikeability Level 1 Consent Form

Please complete and return to school

School Name			
Rider Full Name		Age	
Gender		Year Group	
Ethnicity		Pupil Premium	
SEND/Medical			

Terms and Conditions for school cycle training

Parent / Carer please read carefully. If you agree, please sign the consent form.

- This consent form **MUST** be signed by the child's parent / carer
- All trainees **MUST** wear an approved cycle helmet while undertaking the training
- The instructor will determine if the trainee is able to control their cycle sufficiently well to take part in the training
- Training takes place entirely on the school premises
- Training will cover introductory aspects of safer cycling, including maintaining your cycle, gliding, controlling your cycle, pedalling and being aware of your surroundings
- I agree that the instructor(s) can adjust my child's cycle if necessary
- I am responsible for providing my child with suitable clothing for cycling

I have read, understood and agree to the Terms and Conditions above.

Name		Contact Number(s)	
Signature		Date	

To find out more about Bikeability: www.bikeability.org.uk/about/

Privacy and data security: At Bike Right we're committed to protecting and respecting your privacy. Read our Privacy policy here: www.bikeright.co.uk/legal/privacy/