

Dear Parents/Carers,

Bike Right will soon be coming to your child's school to run a Bikeability Level 3 course.

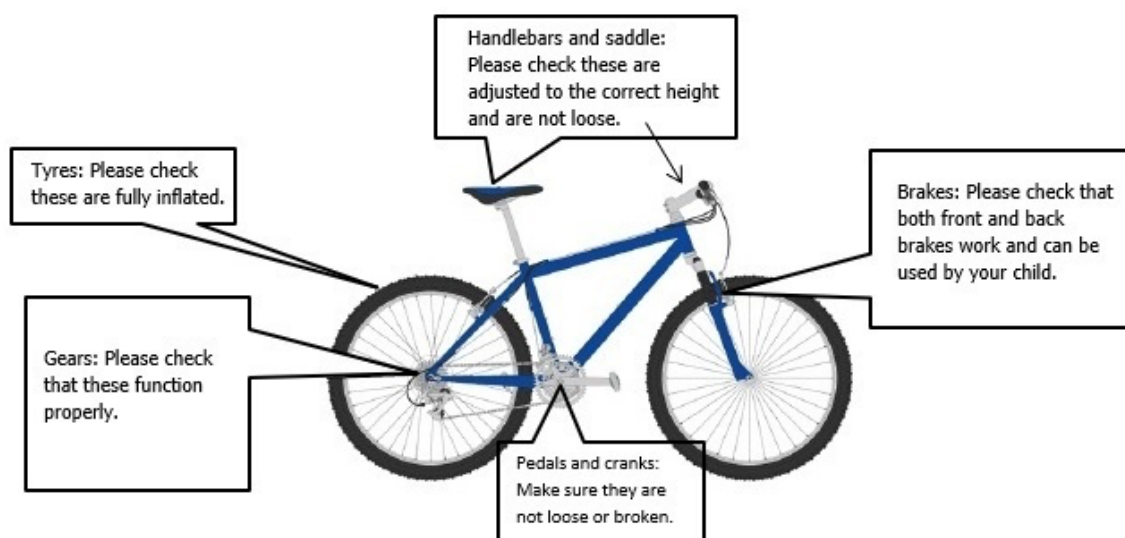
## What is Bikeability Level 3?

Bikeability is the government's national cycle training programme. Pupils take part in small groups for at least two hours with our qualified instructors on a 1:3 ratio. **There is no cost to take part.**

Level 3 is aimed at young people who have already completed their Bikeability Level 2, usually in primary school. Level 3 develops riders' skills and confidence in more challenging on-road environments. This may include riding on busier roads, more complicated junctions or faster roads with speed limits above 30mph. We recommend Level 3 for young people who would like to cycle to high school. For more information on Level 3 activities, visit <https://www.bikeability.org.uk/get-cycling/cycle-training-for-children/bikeability-level-3/>

## 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 road worthy cycle.** 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](http://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

Unit 1, Cortress House, Julia St, Cheetham Hill, Manchester, M3 1DQ. Tel: 0161 230 7007

107 – 115 Marsh Lane, Bootle, Merseyside. Tel: 0151 207 3140

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



## Bike Right Bikeability Level 3 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 and the supplied high-visibility waistcoat
- The instructor will determine if the trainee is able to control their cycle sufficiently well to take part in the training
- A training assessment takes place initially in the school playground. If the trainees have reached the required standard, they will then be taken out onto local roads for on road training
- Training will cover all aspects of safer cycling, including recommended procedures for starting, stopping, turning left and right, developing skills and basic strategies for dealing with traffic
- 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/](http://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/](http://www.bikeright.co.uk/legal/privacy/)