

Take Pride CIC, c/o Cobham Hall Independent School, Brewers Rd, Cobham, DA12 3BL

## What is Bikeability?

Bikeability is the 21<sup>st</sup> Century's cycle training for children. It is about gaining practical cycle skills and understanding how to cycle safely on today's roads. Bikeability gives people the skills and confidence for all kinds of cycling.

Our courses are run by Take Pride CIC under the registered scheme name Activriders. Bikeability is based on the government-approved National Standards for cycle training by our accredited Bikeability instructors.

Bikeability is much more than a cycle training programme. It provides your child a life skill with long-lasting benefits including a way of staying fit and healthy whilst being a sustainable way of travelling to places in the local area.

Bikeability supports the culture, ethos and environment of a healthy school and can support your child's learning in key areas such as Literacy, Maths, Science and Geography.

It's hard to believe that only 2% of the UK population are using a bicycle for their journeys to school or to work, against 64% using cars for their commutes!

Take Pride CIC / Activriders aim to increase young people's participation and enjoyment of physical activity and ensure they have the chance to experience and enjoy different sports to benefit their health, fitness and education.

Dear Parent/Guardian,

We would like to offer your son/daughter the chance to book on one of the Bikeability courses that will take place at your school on the following date(s):

| Max 12 Pupils | Dates: - Group 1                                           | Dates :- Grp 2                                              | Dates :-Grp 3 |  |
|---------------|------------------------------------------------------------|-------------------------------------------------------------|---------------|--|
|               | Mon 13 <sup>th</sup> & Tues<br>14 <sup>th</sup> March 2023 | Thurs 16 <sup>th</sup> & Fri<br>17 <sup>th</sup> March 2023 |               |  |

Government funding support has meant that we can reduce the cost of this course to **£12** per child school. This will be a two day course and included will be their accreditation award appropriate to the Level achieved at the end of the course. Please read the Essential Pre-Course Information carefully when considering if your son/daughter is ready to learn to cycle on local roads.

If you wish to book your child onto one of the Bikeability courses, please complete and return a **Consent Form** at the back of this information pack listing any medical conditions, medication or learning difficulties/disabilities. This agreement is a **compulsory** requirement in order to be able to take part in the road cycling course.

If you feel your child is not ready for Bikeability or for more information and fun introductory games on the Bikeability course, please visit our website at [www.takepridecic.co.uk](http://www.takepridecic.co.uk)

Yours faithfully,

Lorraine Hughes

Bike Ability Lead at Take Pride CIC

(Please keep this letter for your records and return the consent form to the school)

# **ESSENTIAL PRE-COURSE BIKEABILITY** **INFORMATION**

This document provides parents/guardians with guidance on bike suitability, clothing and the instructors' expectations of riders who participate in the 2 day Bikeability course.

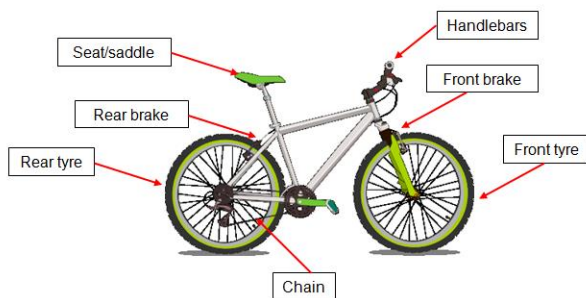
## **Roadworthy Bike**

We will only be able to accept a bike which is in good condition and safe to ride on public highways.

Before starting any Bikeability training the Take Pride Bikeability instructors will carry out a safety inspection on all of the bikes that are to be used. Whilst the instructors have an understanding of what makes a safe bike they are not qualified cycle mechanics and cannot repair all faults found on cycles. They will however, endeavour to make any minor repairs or adjustments to make the cycle safe for use on the Bikeability course.

To help ensure that your child can take part in the Activriders program please take a few moments to make the following checks on your child's bike the weekend before the course:

1. Tyres are pumped up
2. Front and Rear brakes are fitted (legal requirement). Both brakes are working
3. Gears are in working order
4. Chain is oiled/lubricated
5. Bike is the correct size for the rider (Check the seat and handlebar height)
6. BMX bikes must have saddle raised to correct height of the rider (please no stunt pegs)
7. Nothing loose or hanging off the bike



If you have any reason to suspect that your child's cycle is not roadworthy, please consult a qualified cycle mechanic.

As a parent/carer it is your responsibility to ensure that the bike supplied to your child is roadworthy.

**Unfortunately, if the instructors decide the bike supplied is un-roadworthy then your child may not be able to take part in the training.**

## **Clothing**

Bikeability will run throughout the year and will only be cancelled in extreme weather conditions. We would advise checking the weather conditions prior to the course.

Bikeability is a 2 day course which is delivered completely outdoors. It is particularly important to be dressed appropriately as your son/daughter will be out on the public highway all day, and will only return for the normal lunch break.

**Helmet is compulsory** for all parts of the course. You need to ensure it is the correct size, fits properly with good visibility and must be a standard approved helmet with 'CE' marking (usually found on a sticker on the inside). No full face helmets please. We will not be able to loan helmets as this is an essential piece of personal protective equipment.

Other recommended clothing and footwear, depending on weather:

- Shorts / Trousers (not loose / no jeans)
- Trainers with good grip
- Wind and Waterproof Top and/or Trousers
- Gloves

## **Ability**

All riders must be able to ride unassisted for sustained periods of time and be able to manoeuvre and stop. This course is not suitable for pupils who cannot ride/ just learnt to ride their bike.

## **Behaviour**

As we are using public roads with real traffic, there is a certain element of risk. All pupils are expected to adhere to the schools behaviour policy. Any pupil(s) deemed by the Instructors to be contriving this will be removed from the course and returned back to school.

## **Accreditation**

Your child must reach the National Standards outcomes set by the Department for Transport in order to achieve their Level 1 and Level 2.

At the end of the course, the instructors will let pupils know if they have reached the Bikeability Level 2 National Standard. Certificates and Badges will be awarded (normally in an assembly). Any areas of improvement will be highlighted on a marking form for more practice.



## **Consent Form and Medical Information (must be returned to school office): -**

I, the undersigned parent/guardian on behalf of the below named child, acknowledge that Bikeability Courses are delivered by qualified coaches/instructors from Take Pride CIC / Activriders. I understand that my child will be engaging in activities where possible accidental injury can occur and while the instructor and Take Pride CIC personnel will take every precaution to ensure that accidents do not happen, they cannot necessarily be held responsible for any loss, damage or injury suffered by my child.

I agree to my child, named above, taking part in the Bikeability course delivered by Take Pride CIC / Activriders. I understand that some of the training will take place on the school premises and some of the training will take place on public roads risk assessed by the instructors.

I understand that the instructors may refuse to train my child if they deem his/her bike to be un-roadworthy, and it remains my responsibility to ensure that my child does not ride an un-roadworthy bike. If I am in doubt as to whether a bike is roadworthy I should seek the advice of a professional mechanic.

**My child will wear a cycle helmet that I will provide and understand that Take Pride CIC / Activriders will not be held liable for the results of any injury which is later established may have been caused by my child wearing a helmet. The instructor will advise on the fit of the helmet but will not necessarily be able to judge from its appearance if it is in good condition. If the helmet is deemed not to fit correctly your child will not be allowed to take part in the training course.**

**I accept that the instructors may at any time refuse to continue to train my child if his/her behaviour or ability level is deemed to be unsuitable.**

**I understand that having completed the training does not automatically guarantee that it is safe for my child to ride a bicycle on the road. To become a proficient cyclist takes much more practice than lessons of this kind can provide.**

**I undertake to make the instructors aware of any medical condition my child may have which may adversely affect the training. In the event of any illness/accident, I consent to any necessary treatment that may need to be administered on the advice of a qualified first aider / medical practitioner. I understand that the personal details held by Take Pride CIC / Activriders are strictly confidential and held under the Data Protection Act.**

Pupil Name: **BLOCK CAPITALS** (for certificate use) \_\_\_\_\_

School: \_\_\_\_\_ Age: \_\_\_\_\_

Experience of my child: New rider / Occasional cycling / Frequent cycling / Road experience

**Medical conditions:** Please list all relevant medical information (asthma, diabetes, etc.)

**Medication prescribed / taken regularly:** If none please scribe N/A

**Disabilities / learning difficulties:** Please list any relevant information

Parent/Guardian Name \_\_\_\_\_ (BLOCK CAPITALS)

Emergency Contact Number \_\_\_\_\_ Emergency Contact Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_