



BIKEABILITY Level 1 Consent Form

Child's name: **Age:**

Address:
.....

Daytime contact telephone number:

If you need your child to carry any medical aids, such as an inhaler or epi-pen, please give details so the instructors are aware of it:
.....

Note: Instructors are trained in basic first aid, are accredited to the National Standard for Cycle Training and are CRB checked.

If your child has any other needs that it would be helpful for the instructors to be aware of, please give details:
.....

Please confirm that you have checked that your child's cycle is roadworthy. Our instructors can make minor adjustments to bikes (with the trainee's consent), but if your child's bike is not roadworthy, then they will not be able to participate.

Bike has been checked? Yes No (circle as appropriate)
(Note: see below for a quick guide of what to check on a bike).

I agree to my child undertaking the training and also agree to the conditions described overleaf.

Signed: **Date:**.....
Parent/Guardian (circle as appropriate).

Quick bike check guide

Size: The bike should be not so large that your child's feet can't touch the ground no matter how low the saddle is, but not so small that your child's knees hit the handlebars when pedalling.

Tyres: Pump them up if they are soft and check they are not worn down.

Wheels: Check that they are not bent out of shape.

Brakes: Test them to check they work, make sure they are not rubbing against the tyres.

Chain: Make sure it's not hanging off, broken or rusty. Oil the chain if necessary.

Saddle: Don't have it so high that your child can't sit comfortably when they have the ball of one foot touching the ground whilst the other foot is on a pedal.

Nuts and bolts: Check that they are all tightened properly, including where the wheels are held on.

Helmet: Not too big or too small. Make sure the chinstrap is not loose and that the strap's buckles are under the ears.

Gears: If the bike has gears, check that the chain goes into all the gears.

A more detailed bike check booklet, including how to fit a helmet, can be downloaded from: www.surreycc.gov.uk > Roads and transport > Road safety > School road safety > Safer cycling

Conditions

1. A level 1 course is held in the playground or other traffic-free area.
2. If a trainee's behaviour endangers the safety of themselves or others, they will not be able to continue the course.
3. Please check to see if your school has a policy regarding wearing helmets.
4. We will aim to continue training in most weather conditions, subject to keeping the trainees safe. Please make sure that your child is dressed appropriately for the conditions.
5. Requests for a refund will be treated on an individual basis. We will not make refunds in the case of poor behaviour leading to removal from the course.

Bikeability Level 1 Outcomes

The level 1 course covers basic control and balance skills conducted in an area away from roads. The aim is for trainees to be able to:

- get on and off the bike without help
- start off and pedal without help
- stop without help
- ride along without help for approximately one minute or more
- make the bike go where they want
- use their gears
- stop quickly with control
- manoeuvre safely to avoid objects
- look all around, including behind, without wobbling
- signal right and left without wobbling
- carry out a simple bike check.