

# Your Child and National Standard Level 2 Cycle Training

*Please complete and sign this form then return it to the school*

Whilst we provide complete Level 2 training, there are some essential safety preparations we need you to make in order for your child to take part. These are set out below.

## **Part 1: about your child**

Please answer the following questions:

**What is your child's name?**

**Does your child need to carry an inhaler, epi-pen or similar?** *If so, please give details so we can check he or she has it before we leave the school*

**Does your child have any other needs that it would be helpful for our instructors to be aware of?** *If so, please give details*

**Does your child need to wear glasses whilst cycling?** *If so, please ensure they have the glasses with them.*

Yes

No

*Please tick the answer that applies*

## **Part 2: check your child's helmet**

A helmet will cushion a blow to the head within the limits of its design standard. We very strongly recommend that your child wears a helmet. **Please also check to see if your school has rules about wearing helmets.**

Please check that your child's helmet is correctly fitted; you can use the checklist we sent out with this form. Our Instructors can give advice about helmets but will not normally make adjustments.

Please confirm the following:

**My child will wear a helmet during the training**

Yes

No

*If you tick 'yes' and your child turns up without a helmet, the Instructor will not allow them to continue until they are wearing it.*

**My child's helmet is correctly fitted**

Yes

No

My child will not wear a helmet

### **Part 3: check your child's bike**

If your child's bike is not roadworthy, or is too big or small meaning your child cannot be stable on it, our Instructors will not be allowed to take your child on the road. Our Instructors are authorised to make minor adjustments, with your child's consent, such as adjusting saddle height, but they are not cycle mechanics. Please state that your child's bike is roadworthy; you can use the checklist we sent out with this form

Please confirm the following:

**My child's cycle is roadworthy**

Yes

No

*Your child must have a roadworthy cycle to take part in the training*

**My child's cycle is the right size for them**

Yes

No

*If your child's bike is so big or small they can't control it, they won't be able to take part in the training*

We are often asked if BMX bikes are OK – yes they are, as long as they have front and back brakes. It is also a good idea to put the saddle to a comfortable height.

### **Part 4: check your child's skills**

At the start of a Level 2 course our Instructors will assess, but not teach, the following basic Level 1 skills:

1. Look behind without wobbling whilst pedalling;
2. Take one hand off the handlebars without wobbling whilst pedalling;
3. Stop quickly and keep control of the bike.

A child who does not have these skills will not be safe enough to go on the road so will not be able to continue with the training. You might like to practise them with your child before the course.

### **Part 5: other information**

1. We will aim to continue training in most weathers where safe to do so. Please make sure your child is properly dressed for the weather.
2. If a trainee's behaviour endangers anyone's safety, they will not be able to continue the course.
3. Requests for refunds will be treated on an individual basis.
4. At the end of the course, your child will receive a detailed assessment certificate. This will show you exactly what your child has been taught and achieved. We hope this will help you with the further development of your child's cycling skills.
5. Our Instructors have achieved accreditation to the National Standard, are DBS-checked and trained in basic First Aid. Instructors also receive ongoing training after accreditation.
6. We risk assess the roads around each school and select the ones that are suitable for training – our Instructors and the school office will have a map of the area we'll be using if you'd like to see it.

If you have any questions, we will be happy to answer them. Please call Surrey County Council on 03456 009009 and ask for 'cycle training'. Thank you very much.

**I confirm that I have completed the safety checks and agree to my child undertaking the training.**

**Please sign and print your name:** ..... **Date:** .....

Please return the completed form to the school office