



BIKEABILITY LEVEL 2 Cycling Course

Information for parents

Most of the course time is spent on the road practicing traffic skills under the supervision of our qualified Instructors. Our Instructors are accredited to the National Standard for Cycle Training, and are trained in basic first aid and have DBS clearance. If your child has any special needs and you feel that they would benefit from using an adapted bike please do contact us via your child's school office.

On the first day, your child will be assessed in the playground so the instructors can make sure that they are able to progress safely to on-road cycling. You can help your child prepare for the first day by checking that he or she can:

- start and stop safely
- take one hand off handlebar without losing control
- look behind without losing control

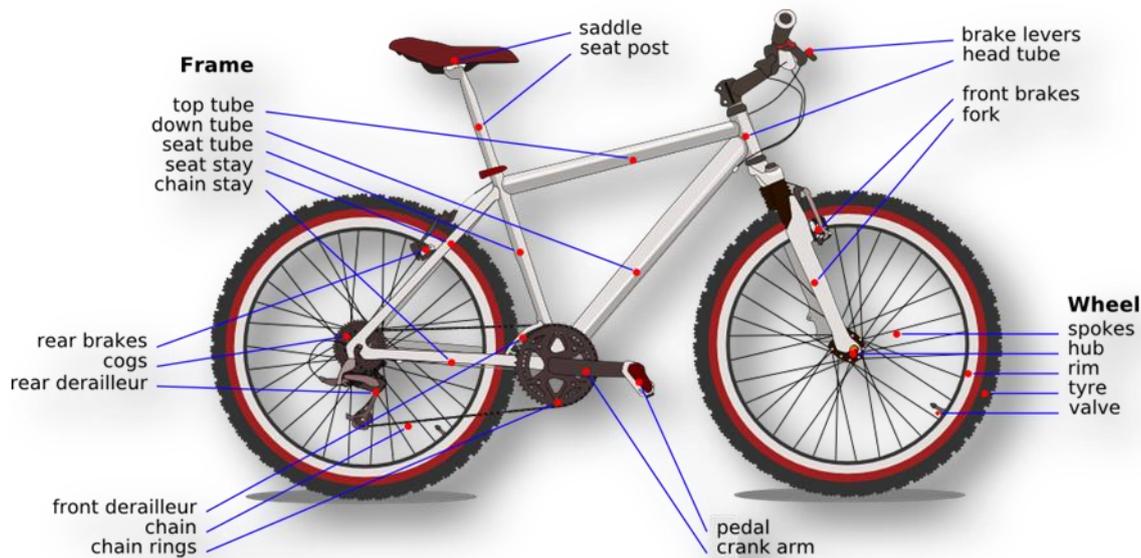
At the end of the course your child will receive a certificate showing which skills they have successfully demonstrated. Should your child not reach the national standard on certain exercises, the back of the certificate contains advice on what to do.

Please read through the consent form, sign it and return it to the school with your payment. Bikes must be in a mechanically safe condition; ***please check your child's bike as we cannot make repairs.***

Conditions

1. If a trainee's behaviour endangers the safety of themselves or others, they will not be able to continue the course.
2. 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.
3. We will aim to continue training in most weather conditions, subject to keeping the trainees safe.
4. 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.

Please check your bike and helmet a few days before the training



A quick bike check:

1. Does your bike have both a front and back brake?
2. Can the brakes stop you quickly when you pull the levers?
3. Is the saddle the right height? Your feet should be able to touch the ground when you are sitting on it, but don't have the saddle much lower than that.
4. Are the tyres pumped up?
5. Is anything loose or about to fall off? Include the saddle and forks when you check this.
6. Is the chain rusty? If it is, put some oil on it.
7. Can you spin the wheels around without them rubbing against the frame or brakes?
8. If your bike has gears, do they work? If your bike does not have gears, that's OK.

If you find a problem with your bike, please get it fixed before coming on the Bikeability course, as our Instructors do not make repairs.

bike.	
<p>Step 3: Adjust the side straps</p> <p>Adjust the slider on both straps to form a "V" shape under your ears. Lock the slider if possible.</p>	
<p>Step 4 Adjust the chin strap</p> <p>Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two of your fingers fit under the strap</p>	