



Take YOUR CYCLING seriously, don't miss out on Bikeability!

With Bikeability Level 1, you'll learn to control and master your cycle in a safe space away from traffic such as a playground or closed car park.

Level 1 is for children in Year 3 or 4 who are able to ride a cycle without stabilisers. You will usually be trained in a group of up to 12 per instructor.

At Level 1 you can:

- Prepare yourself and your cycle for cycling
- Get on and off your cycle without help
- Start off, pedal and stop with control
- Pedal along, use gears and avoid objects
- Look all around and behind, and control the cycle
- Share space with pedestrians and other cyclists

Parents & Carers

Please read the following information carefully and return the consent form to your child's school. The school will inform you about dates when the course for your child is due. If you sign up for a holiday course, please return the form directly to your local training provider.

Note each child must be able to ride a cycle (without stabilisers, have good control and balance) before enrolling for this course. There may be courses to support those who can't ride.

All trainees must provide a cycle in a suitable condition (a cycle check diagram is provided) and a helmet must be worn. In certain areas, spare cycles may be available. High visibility waistcoats will be provided. All courses are conducted by approved National Standard Instructors, who are DBS checked and have attended a First Aid course. Please ensure child is wearing appropriate clothing suitable for cycling and the weather conditions of the day.

We request that you discuss the Bikeability course with your child, and encourage them to practice what they have learnt each session - maybe by accompanying them on a cycle ride and discussing the Highway Code. Your child must attend every session - if they miss any sessions, they may not be able to complete the course.

For more information about Bikeability, please visit <https://bikeability.org.uk>

FREE HALFORDS CYCLE CHECK, DISCOUNT VOUCHER AND PRIZE DRAW

Overleaf we show you how to safety check your cycle, however why not also get a professional mechanic to check over your cycle free of charge, through Bikeability's exclusive partnership with Halfords, the nation's biggest cycling retailer? All you need to do, to receive some amazing incentives, is register at: <https://bikeability.org.uk/participants-hub>

REGISTER NOW TO RECEIVE THE FOLLOWING FROM HALFORDS

Once registered you will receive an email confirming your free offers;

- A free cycle safety check by a trained mechanic at all stores nationwide
- A voucher with money off incentives (exclusive money off discounts for Bikeability participants and their families)
- Entry into a prize draw to win a free Carrera kids cycle

Cycle Checklist

Use the diagram below to check your child's helmet fits and that their cycle is in a safe, roadworthy condition.



Step 1: Size
Should fit snugly and not rock side to side.



Step 2: Position
No more than two finger widths above eyebrows.



Step 3: Straps
Should form a "V" under, and slightly in front, of ears.



Step 4: Buckles
Center the buckles under chin and lock sliders.



Step 5: Chin
No more than one or two fingers should fit under strap.

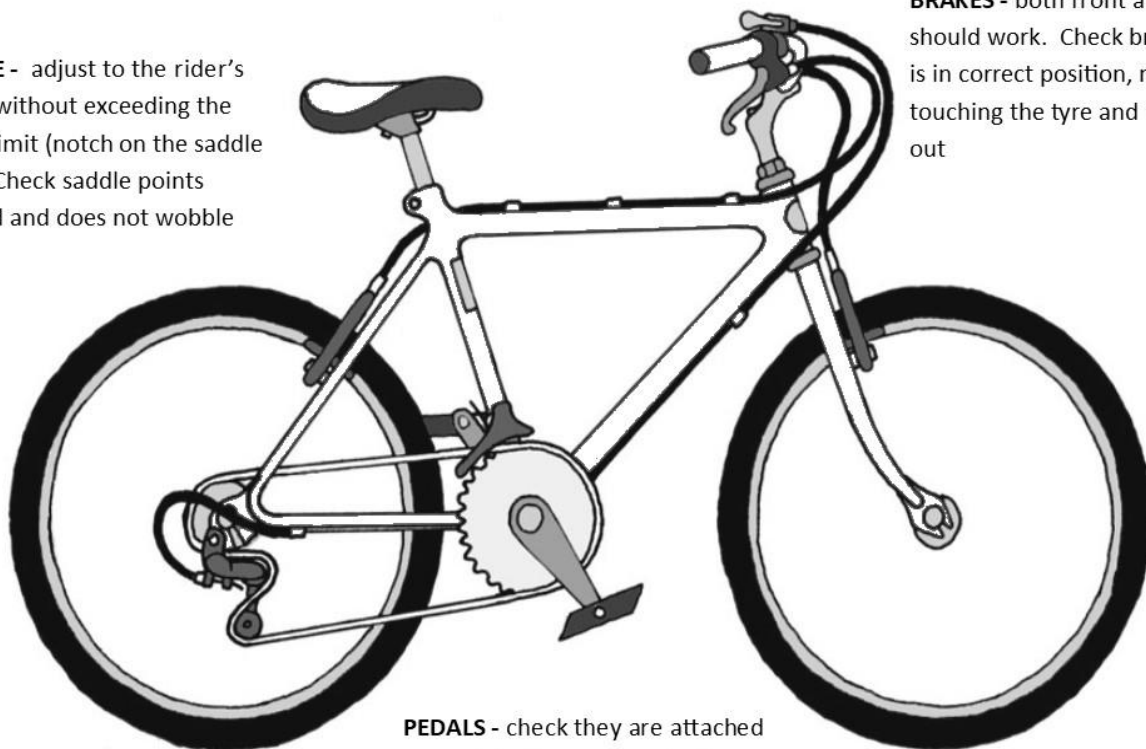
BIKE SIZE - rider should be able to reach the handlebars and touch the ground easily with toes of both feet

HANDLEBARS - check handlebars can't be twisted out of the line of the wheels and are straight. Bar ends must not be exposed

CABLES - check are not frayed, broken or loose

SADDLE - adjust to the rider's height without exceeding the safety limit (notch on the saddle post). Check saddle points forward and does not wobble

BRAKES - both front and back should work. Check brake block is in correct position, not touching the tyre and not worn out



PEDALS - check they are attached securely to the crank and spin freely

CHAIN & GEARS - check the chain is well oiled and not too tight/ loose. Check all the gears can be changed easily

TYRES - check firmly pumped up, no damage, punctures or excessive wear

WHEELS - check they spin freely and straight, no damage to spokes. Nuts and levers are securely tightened



Bikeability Level 1 Consent Form

(PLEASE USE BLOCK CAPITALS IF WRITING BY HAND)

Child's Name	
Child's School	
Date of Birth	
School Year (all participants must be in Year 3 or 4)	
Parent/Carer Name	
Telephone Number	
Email Address	
Emergency Contact Name & Number (if different from above)	
Please provide details of any medical conditions that we need to know about... Ensure that if your child requires medication e.g. inhalers, that they have it with them at all times during the course	
Does your child have special educational needs or disability (SEND)? This information is recorded for monitoring only by the Bikeability Trust. No personal details are recorded.	Yes / No
Please provide details of any learning support your child needs at school... Does your child have any learning or behaviour issues that we should be aware of so that your child has a more positive experience? Does your child have 1:1 support at school?	
My child can cycle competently, without stabilisers	Yes / No
My child currently cycles to school	Yes / No
We are offering all adults in Devon* a free two hour adult cycle confidence session! Do you want to learn to ride a cycle, brush up on your skills, get tips for riding as a family or get advice on suitable routes to work or education? Indicate YES, make sure you have given us your contact details above and one of our team will be in touch! (* Age 18+, excluding Torbay and Plymouth *)	Yes / No

I have read all of the information and understand that completion of this application form acts as my consent for my child to take part in a cycle training course and by signing below I agree the following:

- I give permission for my child to be supported for balance as necessary. If my child cannot ride a cycle, I consent to them taking part in playground based "Learn to Ride" training where possible
- Whilst every care will be taken to ensure your child's safety, Devon County Council provides public liability insurance only and not personal accident insurance for anyone taking part in this course, nor does it accept responsibility for the actions or personal behaviour of participants. Devon County Council, the Plymouth School Sports Partnership and your training provider are not responsible for any injury to persons, or loss or damage to property which is not the result of the negligence of an instructor
- I will ensure my child's helmet fits and their cycle is in a safe, usable condition – (please refer to cycle checklist)
- I consent to allowing the instructor to make necessary adjustments to my child's cycle to ensure that my child can take part in the course
- I consent to my child receiving any first aid treatment as required
- I understand that any participants who persistently misbehave or put others in danger will be asked to leave the cycle sessions and will not be allowed to attend in future

Parent/Carer Signature:

Date: