

Date:
Our ref: BK
Your ref:

This matter is being dealt with: Gemma Strong Road Safety Technician,
Transportation Development, 0191 561 1525, gemma.strong@sunderland.gov.uk

Dear Parent or Carer

Bikeability Programme

Bikeability training is about to be conducted at your child's school. It is designed to develop road sense, awareness of traffic dangers, and to improve your child's ability to ride safely. Your child must be able to ride a bicycle to participate in the course.

WHAT IS BIKEABILITY? Bikeability is the national cycle training programme supported and funded by the Department for Transport. The course builds the skills and confidence of children who can already ride. Bikeability can not only make children better cyclists - potentially for the rest of their lives - but can help with general confidence and independent thinking. All of our Bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors. Visit www.bikeability.org.uk for more information



The **Bikeability Level 1** course helps children get more skilled and confident in riding their bikes in the playground and get them ready for cycling on the road. Riders must be able to ride a bike - pedal and freewheel- to participate in this level.



The **Bikeability Level 2** course aims to improve riders' skills and confidence for cycling on smaller roads and simple junctions without too much traffic. It prepares riders for cycling on larger and busier roads and more complicated junctions. All the riders will have to show the instructors they can do everything at Bikeability Level 1 before they can go on the roads.

Your child will need a bicycle in a roadworthy condition in order to participate in the course, and it would be helpful if you would check the bicycle, or take it to a cycle shop to be checked, to ensure it is safe to use. The bicycle will be checked at the start of the course by the instructor and if he/she considers the bicycle is not roadworthy your child will be unable to commence the course. In these circumstances you would be expected to collect the bicycle from your child's school.

FURTHER INFORMATION FOR PARENTS

Part of the training will take place on the public highway, and at the end your child will be awarded a Badge and Certificate provided they reach the minimum competency level. The Certificate will indicate that the basics of safe cycling have been learned. It does not mean that your child can cope safely with riding in traffic. Please do not allow your child to ride on the road until you are sure he/she is capable of doing so.

HOW TO BOOK Please complete and return a consent form attached to your school as soon as possible.

You are advised to provide a cycle helmet that meets one of the safety standards. The wearing of a cycle helmet is mandatory for the duration of the cycle training. A high visibility garment will be provided for each trainee which they will keep for the duration of the week and worn all times while carrying out the training.

Only the basics of safe cycling can be learnt on this type of course, and it is very important that you continue to provide road safety help and guidance to your child after the course.

Your child's school has a copy of the course outline, and the Councils' Code of Good Practice should you wish to inspect them.

If you wish your child to participate in the course please sign and return the attached form.

Yours faithfully



Group Engineer
Transportation Development

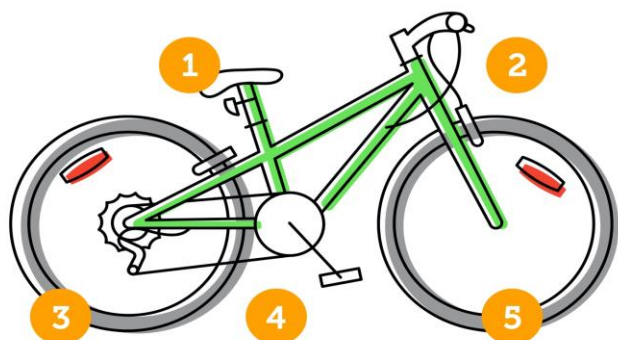
Bikeability Programme

What Constitutes an Unsafe Bicycle?

As modern bicycles have become more and more complex, the number and types of possible faults has also increased. Not every fault, however, is necessarily dangerous.

Serious Faults

Bicycle Size	Too big or too small for rider even when adjusted. This could affect your balance. (Rider should be able to reach the ground with both feet when sitting on the saddle).
Brakes	missing, incorrectly positioned, worn brake blocks, frayed cables, do not stop bicycle efficiently. Lever touch handlebars when applied or rider cannot operate levers properly.
Frames/Forks	Damage such as cracks, bend or major rust.
Handlebars	Loose, safety mark visible, too high or low for rider.
Headset	Loose so that handlebars turn independently of front wheel.
Saddle	Loose, safety mark visible, too high or low for rider.
Pedals	Missing, cotter pin or nut missing, broken.
Tyres	Badly worn or damaged, not pumped up sufficiently.
Wheels	Badly buckled, spokes missing, hub nut loose or missing quick release lever loose.
Chain	Too loose or too tight.
General	Any loose item that could become caught in any moving part of the bicycle, or fall off during use.



- 1 Make sure your saddle, handlebars and wheels are fixed on tight
- 2 Ensure both your front and rear brakes work properly
- 3 Run through all of your gears
- 4 Clean and oil your chain regularly
- 5 Check your tyres are pumped up

REMEMBER YOUR



AIR



BRAKES



CHAIN

BEFORE EVERY RIDE



PARENT/ GUARDIAN – CONSENT FORM Please read the following information before completing and returning the consent slip to your child's school. I understand that:

1. I agree to my son/daughter taking part in cycle training
2. My son/daughter can already ride (may be refused if not)
3. The instructors may refuse to train my child if they deem his/her cycle to be unroadworthy
4. It remains my responsibility to ensure my child does not ride an unroadworthy bike and if I am in doubt as to whether a cycle is roadworthy I should seek the advice of a professional mechanic
5. Instructors may at any time refuse to continue to train my child if his/her behaviour or cycling ability is deemed unsuitable
6. Sunderland City Council will not be responsible for any injury or disease transmission or liable for any loss or damage to participant's cycles and other belongings
7. I agree for my child to wear a helmet, which I will provide.
8. I consent to the Bikeability instructor 'adjusting' my child's helmet if required, however I confirm they are not responsible for the physical condition or appropriate fitting of the helmet
9. I understand that pupil data collected will be used to support the delivery and monitoring of training sessions/courses,
see bikeability.org.uk/privacy-statement/ for further details.
10. I agree to encourage my child to practice between each session and after the completion of training



Full Name of Child:	
School:	
School Year:	
Are there any medical/ educational needs we need to be aware of, including allergy to hand sanitiser?	
Is your child 'clinically vulnerable' and at 'moderate risk' from Covid-19 according to current NHS guidance?	
Does your child live with someone who is 'clinically vulnerable' or 'clinically extremely vulnerable' from Covid-19 according to current NHS guidance?	
To take part in Level 2 training your child MUST be able to do the following tasks. To help us assess your child's training needs, please tell us if your child can already do the following without stabilisers or assistance: • Look behind while pedalling in a straight line • Pedal one handed in a straight line (both hands)	

I confirm that I have read all the information enclosed and in the 'Parental Consent Form' and consent to my child (or the above child for whom I take responsibility) to take cycling lessons and related activities, which may include cycle maintenance as well as riding on the public highway. I understand that this information is retained by my child's school and used to ensure my child is eligible to undertake Bikeability training

Signed (parent/guardian) :	
Date:	