

## Bikeability Cycle Training

Bikeability cycle training is offered free to all primary schools in Gosport. The training follows the National Standard and helps give children the skills and experience they need to cycle safely and confidently. Children enjoy cycling and, of course, it brings many **Health Benefits** such as being good for your **Heart**, your **Muscles**, your **Immune System** and your **Waistline**. Cycling is also good for your **Coordination** and **Mental Health** and can help you **live longer!** This training is being delivered by Pedal Power Training Ltd.

### The course - how it works and the three levels

The training will take place in your school during the week(s) beginning; - Monday 15<sup>th</sup> May 2017

Sessions will run during school hours for 4 days. Your child will be informed of their session times before their course starts.

On day 1 an instructor will work with a group of up to 9 children on the playground for 2 hours. Children are taught to do bike, helmet and clothing checks. This is followed by a range of fun exercises to check and develop their bike control skills. These skills are the Level 1 skills as laid out in the National Standards.

Children must pass Level 1 in order to start the Level 2 training that takes place on local roads. Riders must be able to demonstrate that they are safe enough to progress to on-road training; not all riders will reach this level. If the instructor feels a child is not quite ready to progress, the child will be given advice on where they need improve in order to start the level 2 next time training is delivered in school.

Level 3 training is offered through secondary schools and covers more complex roads and junctions; helping your child to make more independent journeys on busier roads. For more information on Bikeability and the three different levels go to [www.dft.gov.uk/bikeability](http://www.dft.gov.uk/bikeability).

If you would like more details on National Standard Cycle Training, please refer to the **frequently asked questions** - the school office will have a copy. If you would like information on the on-road training area to be used, please contact the school office at the end of the first day of training where all risk assessments will be available.

### How to book and what to bring

There are a limited number of places available, so please complete and return the attached form to the school office by **Tuesday 2<sup>nd</sup> May** at the latest. If you would like your child to take up cycle training but need to arrange for use of a bike and/or helmet, it may be possible to borrow these from Pedal Power Training, or you could arrange for your child to share with a friend – please inform the school. The minimum seat height of Pedal Power bikes is 750mm. Your child will need the following for all their course sessions:

- **A bike which is roadworthy and the correct size for them** - a bike check will be carried out on the day 1 and any bike which is not roadworthy will have to be fixed for your child to continue on the course (or a loan bike can be used).
- **A cycle helmet** - this needs to be the right size and a good fit
- **Warm clothing** including **gloves** (sessions are between 1 and 2 hours and are outside). High visibility jackets are provided.
- **Some wet weather clothing** e.g. a minimum of a shower or waterproof jacket, preferably some over-trousers too. The training will continue in light to moderate rain but will be suspended if there is a heavy downpour.

We do hope you will register your child for this training and we look forward to seeing them on their course.

Yours sincerely,



Head of School

**PARENTAL CONSENT FORM**  
**for On Road Level 2 Bikeability Training**

Parent/Guardian's Name (please print)

\_\_\_\_\_

Child's/Children's Names (please print)

\_\_\_\_\_

Class \_\_\_\_\_ Year Group \_\_\_\_\_

**I would like** to register the above child/children to take part in the cycle training and confirm that they will have a roadworthy bike and a helmet.

or

**I would like** to register my child and borrow **Bike Helmet Both** for my child during the course.  
*(Please circle choice)*

**Please indicate in your experience your child's ability on a bike:**

Non Rider

Can ride in a straight line

Competent rider

If you are declining the offer of cycle training, can you tell us why? Your feedback will help us improve the services and opportunities that we offer.

**Any Medical Conditions:**

\_\_\_\_\_

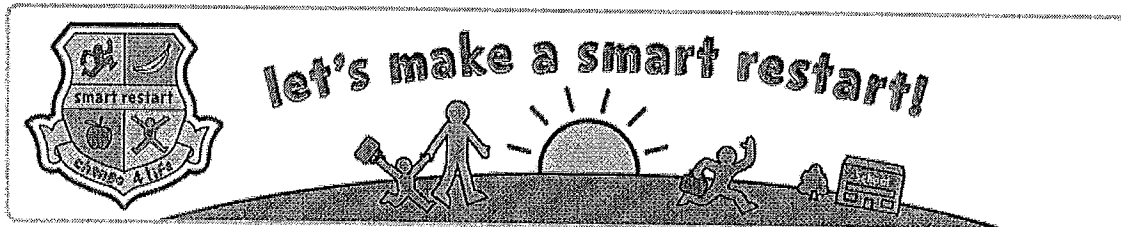
\_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Contact telephone number: \_\_\_\_\_

Please return this form to: School Office by **Tuesday 2<sup>nd</sup> May** at the latest.



## Introduction

This short Question and Answer guide has been written to support the National Standard Cycle Training (Bikeability) being run by Pedal Power Training on behalf of Gosport Schools Sports Partnership.

## What is National Standard Cycle Training?

A range of cycling and road safety organisations has joined together with central Government to create a new National Standard for Cycle Training. This is gradually being rolled out across England and Wales. The overall aim of the scheme is to get **more people cycling more often and more safely**. The training is designed both for adults and children.

Many of us will remember doing the Cycling Proficiency Test in years gone by. The National Standards (now branded Bikeability) is the Cycling Proficiency Test for the 21st century and are designed to give the next generation the skills and confidence to ride their bikes on today's roads.

## How does it work?

One of the principal differences from the Cycling Proficiency Test of old is that the training takes place largely on-road so that trainees, whether children or adults, learn how to interact safely with other road-users. Through the development of their skills and understanding trainees will then be able to make journeys safely to school, to work or for leisure, on quiet roads.

The combined Level 1 and Level 2 training takes place normally over 5 consecutive days. On day 1, an instructor will work with a group of up to 9 children on the playground for 2 hours. We teach the children to do a bike check to ensure their bike is roadworthy. We then carry out a range of fun exercises to check and develop their bike control skills. These skills are the Level 1 skills as laid out in the National Standards (see below). Children must pass Level 1 in order to start the Level 2 training on the following day.

On days 2 and 3 an instructor will work with groups of up to 6 children for an hour and a half, initially using a quiet road, only moving on to busier junctions when all the trainees are ready. Training on days 2 and 3 is normally run on roads with a 30 mph limit. Very occasionally it may encompass a road with a 40 mph limit. The Level 2 manoeuvres listed below are taught and demonstrated and then the children practise these, under close supervision. The Instructor positions themselves so that the children are always in view and the trainer can both shout a warning and physically intervene, if a potentially hazardous situation is developing.

On day 4, and subject to the skills and confidence of the children we take them out for a ride where each child takes a turn at the front and practises the full range of skills and manoeuvres they have previously been taught.

On day 5 an assessment will take place on each child of the skills and manoeuvres they have learnt during the course.

## What will my child(ren) learn and do?

There are three levels of training within the National Standards, **Level 1**, **Level 2** and **Level 3**.

**Level 1** normally takes place off-road e.g. on a playground and is designed to develop the basic control skills and understanding fundamental to being able to ride on the road. These skills include getting on and off the bike, starting, stopping, pedalling, riding in a straight line, looking behind and signalling without wobbling.

**Level 2** normally takes place on-road, starting off with quiet junctions and roads but progressively moving to busier junctions and roads as the trainees' skills, understanding and confidence develop. The list of manoeuvres and skills that trainees learn to carry out is quite long and includes turning right and left from a minor road to a major road and vice versa, passing parked vehicles, passing side roads, understanding where to position themselves on the road and being able to explain decisions made whilst riding and thereby demonstrating an understanding of safe riding strategy.

**Level 3** is for those who want to cycle further a field using busier roads and more complex road features such as (bigger) roundabouts, traffic lights and multi-lane roads. This training is increasingly being combined with Level 1 and 2 training for secondary school pupils.

More details on the National Standard for Cycle Training and the three levels can be found at [www.ctc.org.uk](http://www.ctc.org.uk) or [www.bikeability.org.uk](http://www.bikeability.org.uk).

## Will they be safe?

The course is all about giving the children the knowledge, skills and attitudes to be able to ride safely on the road. During the training process we ensure trainee safety through:

- Moving progressively to more demanding cycling situations, i.e. from classroom to road riding with the need to demonstrate satisfactory competence at each level before being allowed to move forward.
- Undertaking a bike check, and teaching the children how to do this, so that they will always cycle on a roadworthy bike.
- Careful selection of junctions and roads used for training. Instructors position themselves so that they always have the trainees in view and more generally have good visibility of the area so that potential hazards can be spotted, in case the trainees themselves haven't.
- Using instructors accredited to the National Standard.
- All children wear high visibility jackets/waistcoats and helmets when training.

A full risk assessment of the cycle training activity including the roads to be used for training is always carried out. Instructors themselves have had a CRB (Criminal Records Bureau) check and First Aid Trained.

## Who does the training?

The training is being run by a company called Pedal Power Training. We have been selected by Gosport Schools Sports Partnerships to carry out this work.

Pedal Power Training Instructors are all accredited to train to the National Standard Bikeability courses.