

Dear Parent,



Re. Bikeability Cycle Training delivered by Lincs Inspire - 23rd & 24th March 2023

Your child will soon be taking part in the Bikeability cycle training course delivered by Lincs Inspire's Sports Development team. The course runs over two days (unless stated). Please note the following information:

What is Bikeability?

Bikeability is the government's national cycle training programme based on the National Standard for Cycle Training. Cycling is a life skill with many benefits: it encourages independent mobility, is great for the environment, and improves physical and mental health. Bikeability is funded by the Department for Transport and is delivered by trained, professional and DBS-checked Bikeability instructors. Visit www.bikeability.org.uk for more information.



Level 1 takes place in an off road environment and teaches riders how to control and master their bikes



Level 2 gives participants on-road experience in residential traffic to help them prepare to make short journeys by bicycle



Level 3 teaches individuals the skills to ride effectively on more complex roads and in further challenging traffic situations



Attendance

The course is a minimum of 8 hours delivery and all pupils must attend in full unless they are returned to school by an instructor. We cannot accommodate any pupil who has a separate appointment. Failure to attend in full will result in that individual not completing the course as they will not have met the minimum delivery time nor completed all components.

Consent Forms

All children must have a signed consent form before participating in the course which is to be returned to the school.

Riding Ability

Children **must be able to ride a bike unaided** by an adult or stabilisers. Instructors will not be able to spend time teaching a child to ride their bike from scratch. For learn to ride sessions, visit www.lincsinpire.com

Clothing and Footwear

Suitable clothing should be worn depending upon weather conditions. Hats or hoods may be worn however it must be possible for the child to wear a helmet on top. They must not impede vision. Clothing must be comfortable as children will be cycling for the majority of their time on the course. It is not advisable for skirts or shorts to be worn in winter months. A change of clothes would be advised in case of bad weather. Tracksuit bottoms or other such loose and comfortable clothing may be worn. In warm weather it is advisable that children bring sun cream and plenty of drinks. Footwear should be appropriate strong flat shoes or trainers.

The Course

The course runs over two days. The level one training takes place during the first morning on the school playground and the level two will take place on quiet roads local to the school in the afternoon and second day. Occasionally it may be that roads slightly further afield have to be used. During the last session of the course, children are often taken on a 'ride around' to practice skills and apply the knowledge in a realistic environment. All roads are fully risk and route assessed beforehand.

Roadworthy bikes

Parents/ guardians are responsible for ensuring that their child's bike is in a roadworthy condition. For safety reasons, children whose bikes are not roadworthy will not be allowed to take part in the course. All bikes will be safety checked prior to the course commencing and children will be taught how to safety check their own bikes. However, only minor adjustments can be made by the instructors delivering the course.

If your child does not have a roadworthy bike you can hire one for the duration of the course at a cost of £5.00 (per bike). Why not get a professional mechanic to check over your bike free of charge, through our exclusive partnership with Halfords, the nation's biggest cycling retailer? All you need to do, to receive some amazing incentives, is register at:

www.bikeability.org.uk/participants-hub

The following maintenance checks should be carried out to ensure your child's bike is in a roadworthy condition. For more information visit: www.halfords.com/cycling/bike-maintenance/care-plans/free-bike-check



Please make your class teacher aware a week in advanced if you do need to hire a bike.

Helmets

All children **must** wear a helmet for the duration of the course. The helmets must be well fitting and undamaged. Full face helmets are not suitable as they impede hearing and vision. Sports Development can loan helmets for the cost of £2.50 per helmet.

The fit of a helmet differs between manufacturers. For this reason, it is important that your child's helmet is checked and fits accordingly following the guidelines stated below.

- Fit – The helmet should fit snug on the child's head. It should be secure enough so as not to move around or rock back and forth, yet it should not be so tight it is uncomfortable. The foam pads inside the helmet may be changed to give a better fit if needed.
- Position – The helmets should sit level on the child's head, low on their forehead but not covering eyebrows.
- Buckles – The buckles on the side straps and under the chin may be adjusted. This should be done accordingly and should be secure yet comfortable.
- Chin Strap – The chin strap should be adjusted so it is secure yet comfortable. It is advised that room between the chin and the strap allow to two finger to be moved between the chin and the chin strap.
- All helmets should be comfortable for the child to wear; it should not cause them any discomfort or distraction.

All helmets are to be checked at the beginning of every cycling session for correct fit and any signs of damage. Any helmet that has been involved in a crash or is damaged is not safe and should thus be replaced.

Please make your class teacher aware a week in advanced if you need to hire a helmet.

Hi-Vis Vests

Hi Vis Vests must be worn for the duration of the course. These will be supplied by Sports Development.

Special or Additional Needs of Children Attending

Sports Development should be advised of any children who may require additional support at least 7 day prior to the course. This is to ensure that the training is safe and enjoyable for all participants. Teachers and support assistants are welcome to assist in the training sessions.

Right to Exclude Children from the Course

Sports Development reserve the right to exclude a child from their training course if:

- Their bike is not roadworthy and a replacement bike has not been organised
- A completed consent form has not been returned
- Suitable clothing or footwear is not available to a child in conditions where this could be dangerous
- The child cannot ride unaided
- Any other decision made by the trainer based on the ability or behaviour of the child to safely participate

If you have any questions or would like to discuss any of this further, please contact Lincs Inspire Sports Development.

Yours Sincerely

Ben Frary
Sport and Health Improvement Manager (Lincs Inspire)