

## “Bikeability” National Standard Cycling Courses

Dear Parent / Guardian,

The Bikeability National Standard Cycling courses will be running in your school in the next few weeks. This updated scheme has been introduced by Department for Transport to provide training for all cyclists to help them to cycle safely in today's increasingly busy traffic conditions. We hope that you will encourage your child to take part and help them to practise their basic cycling skills before the course starts. (Further details can be found at [www.bikeability.org.uk](http://www.bikeability.org.uk) )

Bikeability is a practical 2 day course consisting of;

**Bikeability Level 1** - (approximately half a day in the playground)

In Level 1 pupils will be trained and assessed in the following areas:

Equipment, helmet and bike check, cycling control skills including starting/stopping, manoeuvring at different speeds, avoiding obstacles, looking behind, signalling left and right without wobbling and correct use of gears.

- ✓ If a pupil successfully meets all Level 1 standards they can progress to Bikeability Level 2.

**Bikeability Level 2** – (approximately 1<sup>1/2</sup> days on local roads)

Level 2 is for more advanced cyclists. Pupils will be trained and assessed in the following areas:

Starting and stopping an on-road journey, safe U-turns, passing parked cars/overtaking, passing junctions, road and traffic awareness, road positioning, left and right turns from major and minor roads, decision making, road signs and markings and a highway code test.

All NYCC Bikeability Instructors are fully qualified Level 3 National Standard Cycling Instructors who will be familiar with local traffic conditions. The roads used will be risk assessed by your local Road Safety Officer to ensure they are suitable for this training. When riding on the road, children will be fully supervised and accompanied by the Bikeability Instructors and high visibility jackets will be provided to be worn at all times.

**For your child to take part, you will need to ensure that your child has:**

- ❖ **A roadworthy bike.** The attached checklist should be used to help you check that your child's bike is suitable. A child **will not** be allowed to take part if a bike is considered unsafe. **By law the bicycle must have 2 efficient working brakes** and lights/reflectors **must** be fitted for night journeys. A bell is recommended. If you are unsure, please check on the Bikeability website or visit your local bike shop for professional advice.

**Bikes may be borrowed in advance of the course from Selby and Tadcaster Bike Library**

<http://bikelibraries.yorkshire.com/bike-libraries/positive-youth>

- ❖ **An approved, well fitting cycle helmet** conforming to standards:-EN 1078 or SNELL B 95 (Check labels inside) Cracked/damaged helmets, full face motorbike style helmets or helmets used for other sporting activities **are not** acceptable for use on the course.
- ❖ **The ability to ride a bike and a reasonable level of fitness!** This course is not intended as a basic training course. It is a starting point for life long development of good practise as a cyclist on the road. The pupils need to be able to cycle and balance properly to take part, especially when giving hand signals. If your child is unsteady on their bike, it would be very helpful to them (and us) if you would give them some opportunities to practice their basic cycling/balance skills before the course starts. This is a practical cycling course and your child may find it physically challenging if they are not used to cycling or have any medical conditions which may be affected by physical exercise.
- ❖ **Suitable outdoor clothing for cycling**, depending on the weather and the time of year. (Comfortable, layered clothing (and a change of clothing in school in case we get wet), sensible footwear, coat, waterproofs, sun cream, water, medications, drinks bottle. Gloves are highly recommended and a tight fitting beanie style hats may be worn underneath cycle helmets.)

**Please keep this sheet for information. Complete and return the attached forms to school as soon as possible to reserve your child's place on the course.**

Yours faithfully  
Lisa Ward, North Yorkshire Road Safety

