

Bikeability Cycle Training is coming to your School.



Dear Parent

North Yorkshire County Council Bikeability Instructors will be delivering a Bikeability Level 1/Level 2 Course (including on-road cycle training) in your Primary school in the next school year.

Places are limited please could you complete the following pre- booking information and return to school as soon as possible to reserve a place for your child.

I confirm that; (tick which applies)		Points to Check	Comments
<p>My child has a roadworthy bike of the correct size, with 2 working brakes.</p> <p><input type="checkbox"/></p> <p>or</p> <p>We will borrow or buy a suitable bike to use on the course</p> <p><input type="checkbox"/></p>	<p>Your child can reach the handle bars without stretching.</p> <p>When sitting on the saddle with legs fully stretched (knees not bent), your child can put the balls of both feet on the ground.</p> <p>Your child can reach and operate both brake levers easily.</p> <p>Each brake on the bike works on its own and can stop the bike safely.</p>	<p>If your child's bike is too big, they overstretch. Stopping, starting, steering and control is difficult.</p> <p>If your child's bike is too small, their legs are always bent and knees are too near to the handlebars. Pedalling is awkward and tiring and steering is clumsy. They are in more danger of going over the handlebars when they stop.</p>	
<p>My child has a cycle helmet that fits well and is in good condition.</p> <p><input type="checkbox"/></p> <p>or</p> <p>We will borrow or buy a suitable helmet to use on the course.</p> <p><input type="checkbox"/></p>	<p>Helmet gives a snug fit all around the head. Not too tight or too big. Forehead is covered to just above the eyebrows when the helmet is on straight.</p> <p>CE mark or British Standard EN1078 (or equivalent)</p>	<p>Helmets last between 3 and 5 years before they become brittle and need replacing. (Damaged helmets need replacing sooner)</p> <p>An old helmet is better than no helmet.</p>	
<p>My child can ride and control a pedal cycle to a good standard.</p> <p><input type="checkbox"/></p> <p>or</p> <p>My child is learning to cycle and will practise and improve before the course.</p> <p><input type="checkbox"/></p>	<p><u>Can your child:</u></p> <ul style="list-style-type: none"> • Start/stop without help and control their speed using their brakes • Manoeuvre around objects and change directions • Cycle one handed (left and right) • Look behind without wobbling 	<p>This course is not suitable for learners so please help your child to practise.</p>	

Please reserve a place for (print name of child) on the Bikeability Course.

Parent/Guardians

Signature Date.....

Forms to be returned to school before the following date:

[Type here]

For more information on the Bikeability course and safe cycling tips and advice please visit bikeability.org.uk