Bikeability Cycle Training.

Dear Parent/Carer,

Our school is to receive **Free** Bikeability Level 1 Cycle Training which takes place:

- **Friday 11th November and Friday 18th November**

What is Bikeability? Bikeability is the national cycle training programme supported and funded by the Department for Transport. The skills your child will learn will help boost confidence and independent thinking, thus helping them to be a safer road user. Learning the rules of the road when young is a real boost to confidence and a very positive experience of true travel independence. So, whether your child cycles regularly or not, the course will prove beneficial. Shropshire's Bikeability Scheme is delivered by Learn Cycling, a national training company who employ qualified, professional, DBS checked National Standard Instructors. Visit www.bikeability.org.uk for more information.

To take part, pupils will need	Bikeability Get Ready!
A Roadworthy Bike and a Cycle Helmet that fits securely. A roadworthy bike has: • Inflated tyres, as hard as an apple • Two working brakes • A well-oiled chain • A saddle and handlebars which are fixed on tight **We train in all weather conditions! On cold or wet days, please make sure pupils have coats and gloves.**	Please scan the QR code below for more information on getting ready for your course URL: https://bikeability.org.uk/bikeability-training/get-ready/

This course develops the cycling skills and confidence of children who can already cycle. Please contact us via admin@learncycling.com for group and individual learn to ride courses.

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PARENT/CARER CONSENT FORM - Please complete and return this to school as soon as possible.

Years 2, 3 & 4 – Level 1 Cycle Training (11th & 18th November 2022)

Child's Name:.....

I, ……..being the legal parent/carer of the above named child

hereby give consent for my child to participate in the forthcoming Bikeability Cycle Training Course.

I understand that the training involves a short cycle skills session on the school playground and the remainder of the training takes place on public roads under supervision of the National Standard Instructors.

Signed:…… Date:.....

Please list any medical or other conditions or Special Educational Needs, which may be of relevance:

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Department for Transport www.bikeability.org.uk