

Lord Deramore's Primary School
Tel: 410457

29 September 2011



Dear Parent

I am delighted that your child has the opportunity to take part in a **City of York Council Bikeability Level 1 Cycle Training Course**. Level 1 training takes place in the school playground at 1.00 pm on Friday 14 October.

The cost of training for Level 1 is £3. Please make cheques payable to school. If you are in receipt of free school meals the cost is free.

Bikeability is the Cycling Proficiency Test for the 21st century, designed to give the next generation of children the skills and confidence to ride their bikes on today's roads. To get their Bikeability award, children will be instructed on how to ride their bikes to the Government-approved National Standard for Cycle Training, which sets out the training and skills essential for making cycling trips in today's road conditions. The standard has been developed by over 20 organisations and is maintained by the professional body for cycle training, the Cycle Training Standards Board.

There are three Bikeability levels:

Level 1 is usually covered in a traffic free environment.

Level 2 is covered on quiet roads but with real traffic conditions.

Level 3 is covered on busy roads incorporating real traffic conditions and advanced road features. By completing Level 3 your child will be able demonstrate the skills and understanding to be able to make a trip safely to school, work or leisure on busy roads and using complex junctions and road features. Level 3 training is on a one to one basis. Wherever possible, the instructor will be of the child's own gender.

City of York Basic Cyclist Training (Level 1) Parent/Guardian Consent Form

Don't forget to sign the reverse of this sheet!!

Your child's name: _____

Date of Birth _____

HomeAddress: _____

School: _____

Your name: _____

Daytime telephone number: _____

E-mail: _____

Please tell us about any medical conditions that your child may have? e.g. asthma, epilepsy, sight,hearingetc _____

We qualify for FREE cyclist training (for families who receive free school meals)

Please Circle Y or N

The cost of Level 1 training is £3.00

Please make cheques payable to school

Your child will need to ensure that they are adequately prepared for their training. Firstly you need to ensure that your child's bike is roadworthy. The first step to safer cycling is to ensure that bikes are regularly checked and children doing Bikeability will be shown what to look out for and simple maintenance.

Before your child arrives you should check their bike. As instructors, we reserve the right to refuse to take out any child whose cycle is not the correct size or is considered un-roadworthy. You should check:

- Bicycle with saddle and handlebars adjusted to the correct height
- Functioning brakes
- Pumped up tyres with no punctures

It is also important that your child is dressed appropriately for the training. Think about the weather – if it's raining or cold please ensure that your child has adequate warm waterproof clothing with them. High-visibility vests will be provided for each child on the day. Children should wear a cycle helmet.

There is no test. After the session, children are encouraged to practise what they have learnt and your support in this is also encouraged. Once your child has completed each level of their Bikeability, they will receive a luminous metal badge and certificate.

Bikeability is not just about teaching children to ride a bike and equipping them with the necessary skills and knowledge needed to ride a bike safely throughout the rest of their life. It's also about introducing them to cycling as an everyday activity – an alternative mode of transport, an enjoyable pastime, which brings a healthier lifestyle and ultimately lots of fun. Bikeability will give children a life skill that once they've learnt, they will never forget.

If you have any questions about the course please do not hesitate to contact us on 01904 551646 or email cycle.training@york.gov.uk. You can also visit the Bikeability website – www.bikeability.org.uk Parents are welcome to observe the training at all times.

Yours faithfully,

Shaun Wilkinson
Road Safety Training Coordinator
City Strategy
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York
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01904 551646
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Do you go cycling with your child (named above)? Y or N

**PLEASE READ AND SIGN THE FOLLOWING DECLARATION.
PLEASE RETURN THE CONSENT FORM TO YOUR CHILD'S SCHOOL.**

I have read and understood the letter to parents. I will check my child's cycle to ensure that it is roadworthy and I am responsible for it being roadworthy for the session.

I understand that my child will be trained on the public road (wherever possible), will wear a high visibility top and will be supervised at all times.

I understand CYC leaves the decision about wearing a cycle helmet entirely up to the school or parent / carer. CYC is not responsible for any outcomes relating to this.

Please see websites www.bhit.org or www.bhsi.org or www.cyclehelmets.org for further information.

Signed _____ Date _____

We also offer training for children, adults and families. If you are interested in finding out more about other types of training, either call direct on 01904 551646 or e-mail cycle.training@york.gov.uk