

Free

Bikeability Cycle Training Course

Bikeability Level 1 and 2 Course



Bikeability

Bikeability is the only approved cycle training programme supported by The Department for Transport. It is designed to enthuse participants about cycling whilst equipping them with the skills and confidence to ride more often. All the training is delivered by qualified, professional, National Standard instructors.



There are three Bikeability levels:



Level 1 takes place in an off road environment and teaches rides 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.

For more information on Bikeability, please visit www.bikeability.org.uk

Course Information

Number of Days: 4

Dates: 2015-16 Academic Year

Year Groups: Year 6

Times: Throughout the school day

Format: Day 1: Level 1 & Days 2-4: Level 2

What will your child need?

- A complete consent form (see overleaf)
- A roadworthy bike (see checklist)
- A helmet
- Suitable clothing for the weather conditions

Further information for parents

- This course is not suitable for non-riders
- It is important that your child attends every session
- Please encourage your child to practice in between each session
- We also offer private one to one training for children and adults as well as private family training. Please visit our website for more information.

Contact details

Outspoken Training
Britannia House
Godesdone Road
Cambridge CB5 8HR

Tel: 01223 473820

Email: team@outspokentraining.co.uk

Website: www.outspokentraining.co.uk

Bike & Helmet Checklist – Compulsory Helmets

Fitting

REACH:

Cyclists should feel balanced on their bikes. Not stretching too far forward yet not too close to their handlebars. The rider should be able to comfortably reach and operate the brake levers on the handlebars.

SADDLE HEIGHT:

With the pedal at its lowest point (see picture), place heel on the pedal. The leg should be straight.

HANDLEBAR HEIGHT:

The lower the handlebars, the more weight goes forward and vice versa. The angle of the saddle has a similar effect.



Checklist

- 1. **Mechanical Conditions** Are all the parts tight and in good repair?
- 2. **Frame** Check that the frame fits your child
- 3. **Tyres** Are they fully inflated with plenty of tread and no bald patches?
- 4. **Wheels** Check spokes are not broken or loose and that both wheels run freely.
- 5. **Chain** Is the chain oiled and not too loose or too tight?
- 6. **Brakes** Do both brakes stop the cycle with the minimum amount of pull on the brake levers?

- 7. **Brake Levers** Are the brake levers positioned so your child's fingers curve easily around them whilst the palm of their hand is on the grips?
- 8. **Saddle** Is the saddle straight, roughly horizontal and the correct height for the rider?
- 9. **Seat Post** Is the saddle the correct height for the rider with the seat post tight and not over the maximum limit?
- 10. **Helmet** Have you check for cracks, frayed straps and that it conforms to BS EN 1078:1997 or equivalent?

Bikeability Course Consent Form

Please read the following information before completing and returning the consent slip

I understand that:

- i) The instructors may refuse to train my child if they deem his/her bike to be unroadworthy (instructors may make minor adjustments but won't fix faults or replace parts),
- ii) It remains my responsibility to make sure that my child does not ride an unroadworthy bike and if I am in doubt as to whether a bike is roadworthy I should seek the advice of a professional mechanic, and
- iii) The instructors may at any time refuse to continue to train my child if his/her behaviour or ability level is deemed to be unsuitable.

I understand that Outspoken Training is not responsible for any injury or any loss or damage which is not caused by an instructor's negligence.

I agree for my child to wear a helmet which I will provide. I understand that Outspoken Training will not be held liable for the results of any injury which it is later established may have been caused by wearing a helmet. The instructor will advise on the fit of the helmet but will not necessarily be able to judge from its appearance if it is in good condition.

I recognise that having participated in on and off road training does not necessarily mean that it is safe for my child to ride a bicycle independently. To become a proficient cyclist takes more practice than lessons of this kind can provide.

I understand that photography may take place solely for the purpose of advertising for Outspoken Training.

Full Name of Child: _____

School: _____ School Year: _____

Are there any medical/ educational needs we need to be aware of?:

If you would prefer your child not to be photographed, tick here:

I confirm that I have read all the information enclosed and consent to my child (or the above child for whom I take responsibility) to take cycling lessons and related activities, which may include cycle maintenance as well as riding on the public highway.

Signed: _____ (parent/guardian)

Date: _____

Bike & Helmet Checklist – Optional Helmets

Fitting

REACH:

Cyclists should feel balanced on their bikes. Not stretching too far forward yet not too close to their handlebars. The rider should be able to comfortably reach and operate the brake levers on the handlebars.

SADDLE HEIGHT:

With the pedal at its lowest point (see picture), place heel on the pedal. The leg should be straight.

HANDLEBAR HEIGHT:

The lower the handlebars, the more weight goes forward and vice versa. The angle of the saddle has a similar effect.



Checklist

- 1. **Mechanical Conditions** Are all the parts tight and in good repair?
- 2. **Frame** Check that the frame fits your child
- 3. **Tyres** Are they fully inflated with plenty of tread and no bald patches?
- 4. **Wheels** Check spokes are not broken or loose and that both wheels run freely.
- 5. **Chain** Is the chain oiled and not too loose or too tight?
- 6. **Brakes** Do both brakes stop the cycle with the minimum amount of pull on the brake levers?

- 7. **Brake Levers** Are the brake levers positioned so your child's fingers curve easily around them whilst the palm of their hand is on the grips?
- 8. **Saddle** Is the saddle straight, roughly horizontal and the correct height for the rider?
- 9. **Seat Post** Is the saddle the correct height for the rider with the seat post tight and not over the maximum limit?
- 10. **Helmet** Have you check for cracks, frayed straps and that it conforms to BS EN 1078:1997 or equivalent?

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I understand that:

- iv) The instructors may refuse to train my child if they deem his/her bike to be unroadworthy (instructors may make minor adjustments but won't fix faults or replace parts),
- v) It remains my responsibility to make sure that my child does not ride an unroadworthy bike and if I am in doubt as to whether a bike is roadworthy I should seek the advice of a professional mechanic, and
- vi) The instructors may at any time refuse to continue to train my child if his/her behaviour or ability level is deemed to be unsuitable.

I understand that Outspoken Training is not responsible for any injury or any loss or damage which is not caused by an instructor's negligence.

I agree to state in the consent slip below if I wish for my child to wear a helmet which I will provide. I understand that Outspoken Training will not be held liable for the results of any injury which it is later established may have been caused by wearing or not wearing a helmet. If my child wears a helmet, the instructor will advise on the fit of the helmet but will not necessarily be able to judge from its appearance if it is in good condition.

I recognise that having participated in on and off road training does not necessarily mean that it is safe for my child to ride a bicycle independently. To become a proficient cyclist takes more practice than lessons of this kind can provide.

I understand that photography may take place solely for the purpose of advertising for Outspoken Training.

Full Name of Child: _____

School: _____ School Year: _____

Please Select One Option: My child **will** wear the helmet I provide
 My child **won't** be wearing a helmet

Are there any medical/ educational needs we need to be aware of?:

If you would prefer your child not to be photographed, tick here:

I confirm that I have read all the information enclosed and consent to my child (or the above child for whom I take responsibility) to take cycling lessons and related activities, which may include cycle maintenance as well as riding on the public highway.

Signed: _____ (parent/guardian) Date: _____