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# Bikeability Holiday and Half Term Cycling Courses

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## Pre Course Information

This information sheet tells Parents/Guardians about the course and the actions they need to take to ensure their child can participate and gain the most benefit from doing so.

## The Courses

### Beginners

Beginners courses are for younger children who learn to ride off road with lots of games

### Bikeability Level 1

Participants gain the skills and confidence needed to achieve level 1 outcomes. Taught entirely off road, with lots of games.

### Bikeability Level 1 & 2

Participants gain the skills and confidence to make an on road journey to and from school using quiet roads. Trainees must be able to cycle unaided.

It uses an incremental training scheme based on the levels established by the National Standard for Cycle Training and is as realistic as possible.

The course uses combinations of demonstration, drills and games to impart and embed the required knowledge and skills. When ready, trainees cycle on road accompanied by the Instructors to the various drill sites and learns how to interact with other road users in a safe and responsible manner.

### Bikeability Level 3

All Bikeability Level 2 outcomes must be achieved to be eligible for this course. Participants will learn how to make a journey on busier roads.

The course is fun and enjoyable.

### Ability

Trainees must be able to cycle unaided for Level 1, 2 & 3 courses. Beginner courses are designed for children that cannot ride a bike.

### Attendance

Trainees must attend, every day the course runs. Training is incremental and sequential. If trainees do not attend one session, they may not be able to take part in following sessions. If your child cannot attend on the day, please tell us in advance.

### Equipment

Trainees must have their own roadworthy bikes or indicate they need to borrow one where applicable.



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If the borough requires trainees to provide their own Helmets, please see below.

The helmet should conform to BS EN 1078:1997. Full face helmets designed for BMX riding are not acceptable as they restrict the riders' ability to look behind them properly.

We supply Hi – Viz tops which must be returned at the end of the course

### **Behaviour**

We require good behaviour from all trainees. If instructors believe a trainee may be a danger to themselves or the group, the instructor may exclude the trainee from the course. The Instructors' decision is final.

### **Schedule**

Courses take place on the days stated

Timings are on the booking forms

Please provide a packed lunch, for supervised lunch break, if required.

### **Cost**

Courses are free. Paid for by the Local Authority.

### **Cancellation**

If a course must be cancelled, we will contact you by telephone. Please make sure you put a mobile phone number on your consent/booking form.

### **What to wear**

Trainees need to be appropriately dressed for the weather that day. In hot weather please supply a water bottle, sun cream, etc.

### **Consent Forms**

All trainees must have a consent form signed by a parent or guardian to participant in training. This is not negotiable. No consent form, no training.

### **Bikeability**

This course and Cycling Instructor Ltd is Bikeability accredited.

[www.bikeability.org.uk](http://www.bikeability.org.uk)

for more info

Trainees will receive a printed certificate and badge. These are posted to your home address, after the course is completed. Please ensure your address is on the consent form and is easy to read.

*Unless trainees attend every session of the course, it is unlikely they will achieve the level needed to receive an award.*

### **DBS**

All instructors have current DBS certificates.

Please note that in order to ensure helmets are fitted properly and to prevent accidents instructors may have to physically interact with trainees.

We reserve the right to change course content.

Paul Lowe

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