

# Level 1 Bikeability Training

Bikeability training date:

**Friday 7<sup>th</sup> January 2022**

Dear Parents and Carers,

We would like to offer your child the opportunity to take part in Bikeability training. The course builds the skills and confidence of children who can already ride. Bikeability can not only make children better cyclists - potentially for the rest of their lives - but can help with general confidence and independent thinking. All of our Bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors. Visit [www.bikeability.org.uk](http://www.bikeability.org.uk) for more information.

We would like to offer your child the opportunity to take part in the national cycling scheme Bikeability Level 1. This is delivered by Level 2 qualified instructors.

Each child will need a fully operational bike with two working brakes and a cycle helmet. If they **do not have access** to a helmet or bike please let your school know and we will endeavour to make the necessary provisions. The session will include a full bike and clothing check to ensure that their equipment is in full working order.

Students will develop basic cycling skills including balance, control, breaking, turning, signalling and observations. These skills will be developed through both practices and games.

At the end of the training the children will be given a certificate confirming they have completed the course.

I would be grateful if you could complete this [Bikeability Google Consent Form](#) as soon as possible in order that we can ensure every child is provided for.

Should you have any questions please do not hesitate to contact me via your school.

Yours Sincerely

*G. Vincent*

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