

## 5W Bikeability Level 1 and 2 Training



Dear Parent / Guardian,

5W Bikeability training dates: Monday 25th – Thursday 28th March 2019  
Times: 13:00 – 15:00

We would like to offer your child the opportunity to take part in Bikeability training. This is the national cycle training programme supported and funded by the Department for Transport. 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.

The first session is conducted on the playground, followed by on road cycling using quiet residential streets surrounding the school for the rest of the week. The main aim of the course being that the children will be able to make a short journey in a safer manner and be more aware of road safety issues.

If your child is not able to ride a bike then they can participate with the group on the first day on the playground, although unfortunately our instructors are not able to support them on the on the road for the rest of the week. Please contact the school to discuss what provision might be available for them during this time.

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. A thorough bike and helmet check takes place during the first session, where any necessary adjustments are made to ensure that the equipment is suitable for the participants. Students are then encouraged to independently do these checks throughout the training week, although this is over-seen by qualified instructors. Hi-Vis jackets will be provided to all children during the training.

At the end of the training the children will be given a certificate confirming they have completed the course and will highlight their current cycling level.

If you would like your child to participate in the training then please could complete the attached permission slip and return to your school 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.

Bikeability are now in partnership with Halfords resulting in some great benefits for participants, including a free bike check before you take part in the training. Please see the attached sheet or visit [www.bikeability.org.uk/participants-hub](http://www.bikeability.org.uk/participants-hub) to get more information.

Yours Sincerely

*G. Vincent*

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

## Bikeability and Halfords

**FREE HALFORDS BIKE CHECK, DISCOUNT VOUCHER AND PRIZE DRAW** Please see below with how to safety check your bike, however why not also get a professional mechanic to check over your bike free of charge, through our exclusive partnership with Halfords, the nation's biggest cycling retailer? All you need to do, to receive some amazing incentives, is register at [www.bikeability.org.uk/participants-hub](http://www.bikeability.org.uk/participants-hub)

### REGISTER NOW TO RECEIVE THE FOLLOWING FROM HALFORDS:

1. A free bike safety check by a trained mechanic at all stores nationwide
2. A voucher with money off incentives (exclusive money off discounts for Bikeability participants and their families)
3. Entry into a prize draw to win a free Carrera kids bike

Once registered you will receive an email confirming your free gifts/incentives, and at the end of your child's course they will receive a completion certificate and a voucher incentives booklet.

## Pre-course bike safety check

Visit Halfords online safety check [www.halfords.com/cycling/bike-maintenance/care-plans/free-bike-check](http://www.halfords.com/cycling/bike-maintenance/care-plans/free-bike-check)

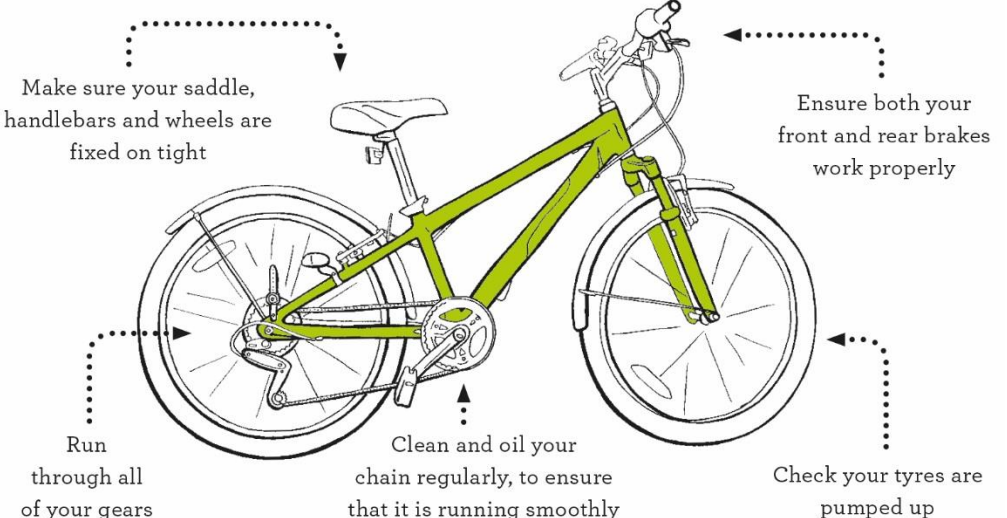
Remember your...

**A**  
AIR

**B**  
BRAKES

**C**  
CHAIN

before every ride



Make sure your saddle, handlebars and wheels are fixed on tight

Ensure both your front and rear brakes work properly

Run through all of your gears

Clean and oil your chain regularly, to ensure that it is running smoothly

Check your tyres are pumped up



# 5W Bikeability Level 1 and 2 Training

**Please return this form to Mrs Penney Junior School Office**  
5W Bikeability training dates: Monday 25th – Thursday 28th March 2019  
Times: 13:00 – 15:00

Student name: .....

Class: .....

*Please put a tick in the appropriate boxes below;*

My child cannot ride a bike

Current cycling ability (*Please tick one*)  
(1 – non rider, 5 – very confident on roads)

1

2

3

4

5

My child has a bike in good working order

My child will need to borrow a bike

My child will need to borrow a helmet

Please use the box below for any additional relevant information including medical.

I give permission for my child to take part in the Bikeability training and allow for relevant adjustments to be made to their bike and/or helmet where considered necessary.

Signed Parent / Guardian: .....

Date: .....

