

Parental Consent

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ACTIVITIES | HEALTH | WELLBEING



Cycling Proficiency for the 21st century



Department
for Transport



The
Bikeability
Trust

Bolton
Council



Bikeability is a nationwide cycle training programme funded by the government. It aims to provide practical skills, knowledge and first-hand experience to enable people of all ages to cycle safely on the road. Training is delivered by fully qualified and accredited National Standard Cycle Instructors. Bolton Council is the recognized Bikeability training provider in primary schools across the borough

We currently provide two Levels of training



Level 1 aims to develop core cycling skills in readiness for the road. Activities are designed to challenge and improve existing skills, build confidence, competence and consistency when riding.



Level 2 provides a foundation for safe cycling on road, focusing on techniques and strategies to enhance visibility, awareness and decision-making. Riders learn the basics of the Highway code and gain insight into how to share space safely with other road users.

How it works:

A typical Bikeability course takes place over two school days. Children work in small groups (up to six) accompanied by an Instructor. Individuals are monitored and supervised throughout. On Level 1, children are formally assessed to establish current riding ability and determine areas for practice and improvement. Those who complete Level 1 to a satisfactory standard progress on to Level 2 training on suitable roads around school. Training is completed on Day 2. Please note that some children may not be ready to progress beyond Level 1 at time of testing

Managing expectations:

To take part in Bikeability Level 1, children must be able to ride independently, without the use of stabilizers. If your child cannot yet ride, we urge parents to take children out for practice off road where they will have time and space to learn at their own pace. We do not provide one-to-one coaching for non-riders during Level 1.

To take part in Bikeability Level 2, participants must first complete Level 1 to a recognized standard. Activities are designed to test competence in specific areas, including balance, control, braking, spatial awareness, observation, concentration, reaction time, forward planning and hazard perception. These and other skills form the basis of safe road cycling. Children who are unable to demonstrate these skills consistently during Level 1 will not be allowed to progress on to Level 2. We fully appreciate that some children will be disappointed but ask that parents respect the Instructor's decision in this regard. Your child's safety is paramount



Safety checks are carried out before the start of each session. Instructors may make minor adjustments as necessary but if a bike is considered unsuitable, or unsafe, your child will not be able to continue. We recommend you inspect the bike before the start of the course or have it checked by a competent mechanic.



Children must wear an approved cycle helmet when training. An approved cycle helmet will have a CE certification label inside. Local bike shops have a good range of children's helmets and will be able to help with size and fit.



We will be outdoors for most of the school day. Check the weather forecast and make sure your child is dressed to suit. We recommend layers, waterproofs and gloves. Long jackets and coats are best avoided as they hinder riding and can get caught in the rear wheel.



Children are welcome to bring snacks and a drink on Day 2, as we often stop for a short break mid-morning. Backpacks are preferable to a drawstring duffel bags (see Long coats above!)



Bikes must be roadworthy with two working brakes (front and rear). This is a legal requirement for riding on public roads. Some bicycles and tricycles may be designed or adapted to enable safe braking with one hand. Children who cannot brake effectively will not be able to take part

SEND: If your child would like to take part in Bikeability and you have any concerns or specific questions regarding provision and additional support please contact the Coordinator directly on

Tel: 07385 422 328 or email bikeability@bolton.gov.uk

Parental consent: We require consent for your child to take part in cycle training activities. Instructors are fully qualified and receive training in Safeguarding, Child Protection and First Aid. Instructors maintain Enhanced DBS status. Information on the Consent Form is placed on a secure database with the Bikeability Trust and will be kept confidential. We will only use this information if we need to contact you regarding Bikeability events. Bikeability Bolton may take photographs for training and publicity purposes. If you wish to opt out, please let us or the school know.

Further details about Bikeability training, including FAQs, pre-course information and useful resources for parents and children can be found on the website at www.bikeability.org.uk