

## BIKEABILITY PARENTAL CONSENT FORM

Bikeability training has been booked with City of York's road safety team and your child will have the opportunity to take part in a **Bikeability Level 1 and 2 Combined Cycle Training Course** during school time.

**Class 5M have their training on Tuesday 21<sup>st</sup> February 2023 to Friday 24<sup>th</sup> February 2023. This will take place on an afternoon. Please note the sessions are limited to 30 pupil places, which will be booked on a first come first served basis. Please return the consent form to the school office by Monday 6<sup>th</sup> February to confirm your child's place.**

The training is delivered by qualified National Standard Instructors who are DBS cleared and are covered by City of York Council Insurance. Instructors are registered with The Bikeability Trust and have a unique Instructor Identification Number. If you would like to check the identification number of a trainer please contact The Bikeability Trust, ideaSpace City, 3 Laundress Lane, Cambridge, CB2 1SD. e: [contactus@bikeability.org](mailto:contactus@bikeability.org)

### What is Bikeability?

Bikeability is the government's national cycle training programme. It helps you learn practical skills and understanding of how to cycle on today's roads. Bikeability gives everyone the confidence to cycle and enjoy this skill for life.

Bikeability can not only make children better cyclists - potentially for the rest of their lives - but can help with general confidence and independent thinking. To find out more: [www.bikeability.org.uk](http://www.bikeability.org.uk)



**Level 1** takes place in an off road environment and teaches riders 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



COURSE INFORMATION	WHAT WILL YOUR CHILD NEED?
<p>Bikeability Level (s) – Level 1 &amp; 2 Combined</p> <p>Dates - to be advised by the school</p> <p>Cost – Bikeability Training is offered free of charge. However if your child's place is cancelled at short notice without a valid reason you may be charged for the full cost of the training course</p>	<ul style="list-style-type: none"> <li>• A signed, completed consent form</li> <li>• A roadworthy bike without stabilisers (see checklist overleaf)</li> <li>• A helmet if required (this is the decision of parent/carer or school policy)</li> <li>• Suitable clothing for the weather conditions</li> </ul>

**FURTHER INFORMATION FOR PARENTS** This course develops the cycling skills and confidence of children who can already cycle. Please ask your school about Bikeability Balance and Bikeability Learn to Ride if your child can't already cycle. To benefit from Bikeability, your child must attend every session and practice what they learn after training. Bikeability skills and confidence will be lost without regular cycling. Bikeability engenders enthusiasm while building skills and confidence to cycle more safely, more often. Please support and encourage your child to continue cycling after training.

**HOW TO BOOK** Bikeability places may be limited and places will be booked on a first come basis. Please complete and return a consent form (see overleaf) to school as soon as possible.



## BIKEABILITY CONSENT FORM

**Dear Parent / Carer**

Great news! Your child has been offered the opportunity to take part in Bikeability cycle training. We need your consent for your child to participate in Bikeability cycle training. Please complete the following form and return it as soon as possible to your school. Failure to complete this form will unfortunately result in your child being unable to take part in Bikeability cycle training.

**Name of child:**

**School/Organisation:**

**School Year:**

**Relevant medical conditions:**

**Relevant additional or special educational needs:**

**I am happy for photographs or videos to be taken of my child during Bikeability cycle training.** These images may be used by the school, training provider or Bikeability Trust to promote the programme.

Yes

No

Pupils will need to bring a roadworthy bike and we recommend a helmet that fits securely. Whilst recommended, the decision for your child to wear a helmet when taking part in Bikeability training is left to the parent/carer or the school policy.

A roadworthy bike has:

- Inflated tyres, as hard as an apple
- Two working brakes
- A well-oiled chain
- A saddle and handlebars which are fixed on tight

For tips on how to check your bike is roadworthy, visit <https://bikeability.org.uk/bikeability-training/get-ready/>

If you are still unsure, please seek the advice of a professional mechanic in advance of Bikeability cycle training.

For my child to take part in Bikeability, I confirm the following:

	Tick to confirm
My child can already ride a bicycle and I understand that cycle training will be refused if they cannot ride competently.	
My child is medically fit to take part in Bikeability.	
My child will bring a roadworthy bike and I understand that cycle training will be refused if their bike is not suitable.	
<b>My child will bring a helmet that fits securely. (Please tick or delete one option)</b>	<b>YES    NO</b>
My child will have weather appropriate clothing.	
My child is responsible for their own behaviour, and I understand that cycle training may be refused if my child's behaviour puts them at risk to themselves or others.	
I have read all of the information and consent to Bikeability cycle training for my child	

**Signed (Parent/Carer)**

**Date**

All information is treated with confidence and held in compliance with the Data Protection Act 1998.

**If you are interested in further information on cycle training offered by City of York Council, please ring the Road Safety team 01904 555579 or e-mail [cycle.training@york.gov.uk](mailto:cycle.training@york.gov.uk)**

