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Description automatically generated

Medway Council

Transport Initiatives Team

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Dear Parent/Guardian,

# **FREE – Bikeability cycle training Level 1 & 2**

Your child is invited to attend a **free** Bikeability cycle training course, delivered within school hours, taking place at their school.

Your child **must** be a minimum of 10 years of age and be able to ride their bike without stabilisers.

Parents/carers please assess your child's current cycling ability before consenting to your child participating in our training. The course is not designed to teach children how to ride a bike, they should have a good ability to ride a bike without stabilisers prior to taking part.

If your child achieves a ‘Level 1’ standard in the playground assessment, the training will then be on the public highway and for this reason your written consent and your child’s commitment to good behaviour is required. Children will not be permitted to take part in the training without these.

If your child has Special Behavioural Needs, then a school LSA may be required to assist our Bikeability Instructors. Please complete the attached form and return to the school as soon as possible indicating if your child has any special requirements.

Throughout the Bikeability course, children will be guided and observed by qualified Bikeability Instructors.

Award materials are given out as follows:

**Trainee attends Level 1 training but does not progress - They receive a Level 1 badge and certificate.**

**Trainee attends Level 1 training and proceeds to Level 2 training on the road - They will receive a Level 1 and Level 2 badge and certificate.**

This means some children who do not achieve will still get a badge and certificate for attending the training. On the back of their certificates, it will state if they have achieved that level or if they need further practise. We ask that you review your child’s certificate to confirm what they have achieved.

All cyclists and instructors will be issued with high visibility safety wear.

Cycle helmets are **compulsory –** please ensure your child’s helmet meets one of these standards: BS.EN 1078, Snell B95, BS 6863 and fits them correctly. Helmets that do not meet these standards are not accepted on our training.

Instructors will not carry out bike repairs, however most bike shops offer a free bike checking service which we would encourage you to use. To avoid disappointment please contact your local store to book. Here are a list of shops and their contact numbers:

Halfords – 01634 829091, or use their online service to book an appointment at your nearest store <https://www.halfords.com/cycling/bike-maintenance/free-bike-check/>

The Bike Warehouse – 01634 571093 or email [gillingham@thebikewarehouse.net](mailto:gillingham@thebikewarehouse.net)

**Cycles will be checked as part of Level 1 and if considered unsafe by the instructor, training cannot take place. Instructors do not carry out repairs**.

Bikes without gears are ok to use on this training but it will make it harder for your child.

In the interest of safety for all, we reserve the right to decline training to any child who cannot physically control his/her cycle or if it is felt that your child's behaviour is affecting the safety of the scheme or others enjoyment.

Your child will need to demonstrate the following:

* Ride your bike using the gears (if it has them)
* Make your bike go where you want it to, including moving around objects safely
* Control the bike with one hand while signaling the correct way
* Stop quickly if needed
* Look all around you when you’re riding, including behind, without wobbling

\*Please note: The cycle training service is an assessment of the cyclist's ability to be safe to ride on the roads. The students should have a good ability to ride a bike and some road knowledge before attending the course. The course is not to teach them how to ride a bike but to equip them with skills to ensure they are safer while riding on the road. Occasionally, children are asked not to continue on the course or are assessed as unsafe and will need further training. All children who are asked not to continue or are deemed unsafe are told the reasons why.

The Bikeability training is being funded by a grant from the **Department for Transport (DFT),** and training is being delivered to National Standards as stipulated by the DFT.Yours Sincerely

Medway Council’s Bikeability Team

bikeability@medway.gov.uk