

Bikeability Cycle Training

Dear parent/guardian,

Your child has the opportunity to participate in cycle training, which will teach your child techniques for riding safely on the road.

**The training will take place during school time on
Monday 9th – Wednesday 11th February.**

Your school will inform you as to which days your child will receive their training.

The training is free; all you need to provide is a suitable roadworthy cycle, bicycle helmet and appropriate clothing for the training. We suggest that pupils wear trousers or tracksuit bottoms when training.

In order for your child to take part:

- You will need to complete the attached consent form and return it to your school
- Children need to be able to ride a bike to take part in Bikeability Level 1 and 2. If your child cannot ride a bike, please tick the box at the end of the consent form and we may be able to arrange a slot to teach them during our time in school.
- If your child does not have a bike or helmet, we can supply them with one for the duration of the course – see the consent form. Leeds City Council has a compulsory helmet wearing policy. Please check that the cycle your child will be using is roadworthy.

Your child will need some basic cycling skills in order to take part in the training. At the start of the training, we expect the children to be able to:

- get on and off the bike
- start off and pedal
- stop under control
- manoeuvre around obstacles
- look around without excessive wobbling
- signal right and left (by taking that hand off the handlebars) without excessive wobbling

The training will start with a playground session and the children must reach the required standard in cycle control, in order to proceed to the on-road Level 2 session that follows. At the end of the course all children will receive a certificate of participation, and a badge.

This course is being run by Cycle North on behalf of Leeds City Council, and are run by qualified, accredited, professional cycling instructors who are fully insured, and DBS checked. More information about the programme can be found on the Bikeability Trust website, www.bikeability.org, or by contacting ITBlearning@leeds.gov.uk.

Yours Sincerely,

Andrew Crossley (Bikeability Training Manager)

andrew.crossley@cyclenorth.co.uk



Is the bike alright to use?

The cycle training can be done on any sort of bike, as long as it is roadworthy and has both a front and back brake. Please check your bike using the checklist below. If in doubt take it to a bike shop and ask them to check it. Our trainers are not mechanics but may be able to make minor adjustments on the day. Unfortunately, if your child arrives with a bike that we do not consider safe to use on the roads, your child will not be able to do the training unless you have booked a loan bicycle with us.

Bicycle Checklist

As a part of the training course, your child's bike will be assessed by an instructor to check if it is in a safe and roadworthy condition.

Unsafe bikes can not be used on the course.

Helmet

Check the helmet fits and is adjusted to the rider



Some of the current cycle helmet safety standards are:
EN1078, BS 6863, AS2063, ANSI Z 90.4 or SNELL

Saddle

Adjusted to the riders height without exceeding the safety limit (look for a notch on the saddle post). Check saddle points forward and does not wobble.

Handlebars

Check handlebars can't be twisted out of the line of the wheels and are straight. Bar ends must not be exposed.

! Check rider can easily reach the brakes.

Cables

Check cables are not frayed, broken or loose.

Brakes

Both front and back brakes must work. Check brake block is in correct position, not touching the tyre and not worn out.

Wheels

Check if the wheels spin freely and straight, that there is no damage to the spokes. Nuts and levers are securely tightened.

Chain & Gears

Check the chain is well oiled and not too tight or too loose. Check all the gears can be changed easily.



Pedals

Check pedals are securely attached to crank and spin freely.

Bike Size

Rider should be able to reach handlebars and touch the ground easily with toes of both feet

! Check rider's toes can easily reach the ground

Tyres

Check that the tyre is firmly pumped up. There should be no damage, punctures or excessive wear.

Bikeability Cycle Training Parent or Guardian Consent Form

It is now easier to sign your child up to Bikeability training. Please visit

<https://consent.bikeability.org.uk/used-met-plane>

or access the site through the QR code below, and follow the online instructions.



Please note: if your child needs to borrow a bike and/or helmet for the training, we are able to provide these. You do not need to contact us separately to request this – please just indicate this when prompted on the online form.

Privacy Notice

The information that you provide on this form will only be used to enable your child's participation in the Bikeability programme. Leeds City Council is the Data Controller of the information you provide, and it is held only with your explicit consent. Cycle North, who deliver the training on behalf of the Council, are a data processor of this information. The Council will hold this information for 6 years after which point it will be securely destroyed. The Council's corporate privacy notice, which includes details of the authority's Data Protection Officer and your Information Rights is available at: <https://www.leeds.gov.uk/privacy-statement/privacy-notice>