

*Headteacher: Mr D Heather*  
**ST JAMES CE PRIMARY SCHOOL**



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*Headteacher: Mr D Heather*

23<sup>rd</sup> October 2023

Dear Parent/Carer

**Bikeability Sessions**

Making cycling  
viable, safer  
and better



We have been given the excellent opportunity to provide funded Bikeability Training at Level 1 and 2 combined to our children in Year 5 and 6. The training will take place on **one** of these dates.

Monday 4<sup>th</sup> December

Tuesday 5<sup>th</sup> December

Wednesday 6<sup>th</sup> December

Thursday 7<sup>th</sup> December

This safe, structured and standardised programme is designed to make your child a more competent cyclist and prepare them for cycling on road.

In order to secure your child's place on this course, please make sure you read the information below and sign the consent form. Please see above which Bikeability level your child is offered. Training will be carried out by BikeRight! and will be delivered by fully accredited National Standard cycling instructors with enhanced DBS checks.

**The following information is provided by BikeRight! and aims to answer any questions you may have.**

Bikeability is the nationally recognised cycle training programme.

It's about acquiring the practical skills to cycle safely and with confidence on today's roads.

For children to participate in school Bikeability training, they must have basic riding skills (without stabilisers).

**There are three Bikeability levels, see above which level your child's course is.**

**Level 1** is designed to give your child control over his / her bike and takes place in groups in a space away from traffic such as a playground or closed car park.

**Level 2** will ensure your child is prepared for short journeys such as cycling to school. Training takes place in small groups on quiet, local streets, giving trainees a real cycling experience.

**Level 3** is recommended for older children and adults. Trainees are equipped with skills needed for more challenging roads and traffic situations. Training is delivered one-to-one or in groups of up to three so can be tailored to a trainee's individual needs. Route planning is

also covered, making this ideal for getting advice on and then practicing a school or work commute.

### **What does my child need to take part in Bikeability?**

In terms of equipment, your child will need a bike which is in a roadworthy condition, the right size for them, have pumped up tyres and two working brakes. Instructors will show children how to check their bikes at the start of the first session and will ensure that your child's bike is safe for training purposes. BMX bikes are permitted in most circumstances so long as the bike has two working brakes and has not been adapted to the extent that it is no longer suitable for use on the road. The instructors will have the final say on whether your child's bike is safe for them to complete the training on, but allowances will be made wherever possible.

### **What should my child wear to take part in Bikeability?**

In most cases, your child may wear their normal school clothes, suitable for the season and weather. Excessively loose clothes may be hazardous and should be avoided. In colder months, warm layers and gloves are recommended. High visibility tabards will be provided by BikeRight!

### **Does my child need a cycle helmet?**

Yes, all children taking part in Bikeability need to wear a cycle helmet.

### **What will my child receive on completion of Bikeability training?**

Children who successfully complete Bikeability training are awarded a badge, booklet and certificate.

### **My child did not complete the Bikeability training what happens now?**

Your child will be given some feedback from their instructor on areas that need a bit more work. It is recommended that you discuss these with your child so that they can be clear on how they can improve their skills and confidence. You might be able to help your child practice these areas, or you might want to sign them up for further free training or holiday courses. Check out the BikeRight! website [www.bikeright.co.uk](http://www.bikeright.co.uk) for details.

### **My child has completed Level 2 what next?**

Bikeability is the gateway to all kinds of fun experiences by bike - the training is just the start! If your child is interested in cycling and wants to do more, they might want to join a local cycling club for BMXing, mountain biking or racing. Ask your child's Bikeability instructor for advice on which groups are good for junior members and beginners. Please check with your child's high school for Level 3 training availability.

A great way to practice the Bikeability training your child has received is to try cycling as a family or let them cycle independently to school or the local shops.

Please return the consent form by **Friday 18<sup>th</sup> November 2023** if you wish for your child to take part.

Yours faithfully



**Miss Newton**  
**Phase 5/6 Leader**





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BikeRight! will soon be coming to your child's school to run a Bikeability course which your child has the opportunity to take part in. Listed below are details of the course and what your child will need to be able to take part.

### What is Bikeability?

Bikeability is the new Cycling Proficiency for the 21st century. It's designed to give the next generation the skills and confidence to ride their bikes on today's roads. We will teach children to ride a bike to National Standards and introduce them to cycling as an everyday, fun, healthy activity and an alternative mode of transport.

### How much will it cost?

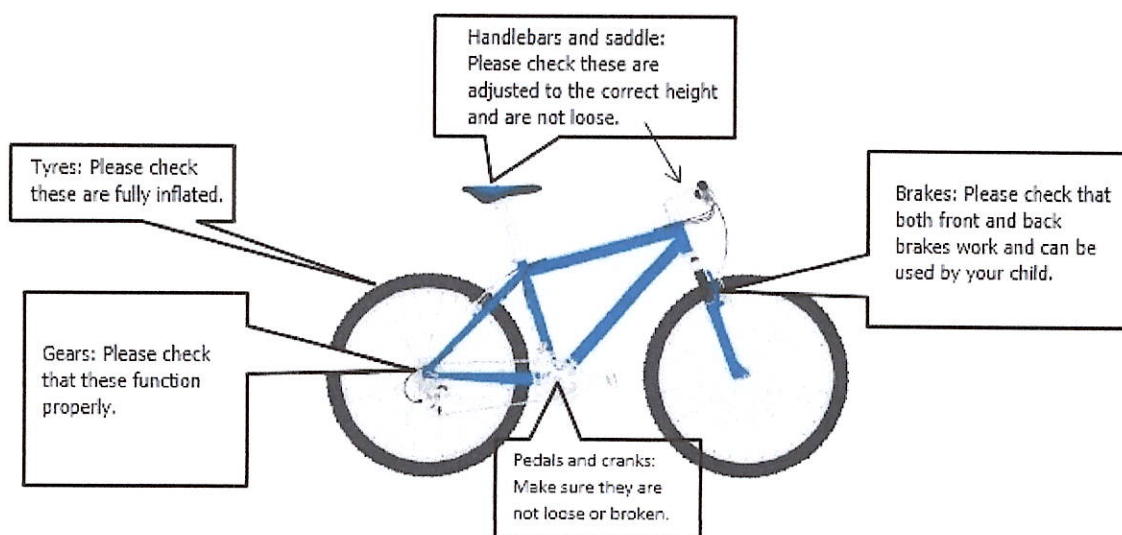
Nothing! The course is funded by your Local Authority and Department for Transport grants.

### Where will the course take place?

The course will take place in the school playground and on local roads near to the school. We will carry out a risk assessment of the training areas before the start of the course. A copy of the risk assessment will be available at the school.

### What will my child need?

- **The ability to ride a bike unaided.**
- **A signed consent form – please use the form on the next page.**
- **A Helmet**
- **Appropriate clothing.** It is important, especially during the cooler months, that children wear gloves and warm, dry clothing as they will be outside all day.
- **A bike which is road worthy.** Please follow the simple guide below to check whether your child's bike is suitable. See law on the use of Ebikes <https://www.gov.uk/electric-bike-rules>



**Please note that children cannot take part if their bikes are considered unsafe.**



Greater Manchester  
Chamber of Commerce  
Member of Chamber of the Year  
2019/20



Liverpool  
Chamber of  
Commerce



### BikeRight!

The Boat Shed, Building 4 Office 1, 22 Exchange Quay, Salford M5 3EQ

Tel: 0161 230 7007 info@bikeright.co.uk www.bikeright.co.uk @bikerightUK facebook.com/bikeright

BikeRight! is a limited company registered in England and Wales. Registered number: 5742951.

Registered office: Cuthbert Business Centre, 877 Ashton Old Road, Manchester, M11 2NA.

**BikeRight! Bikeability Consent Form**  
**Please complete and return to school**

School Name			
Rider Full Name		Age	
Gender		Year Group	
Ethnicity		Pupil Premium	
Any special needs or medical conditions			

**TERMS & CONDITIONS FOR SCHOOL CYCLE TRAINING**

**Parent / Carer please read carefully. If you agree, please sign the consent form.**

1. This consent form **MUST** be signed by the child's parent / carer.
2. All trainees **MUST** wear an approved cycle helmet while undertaking the training and the supplied high-visibility waistcoat.
3. The instructor will determine if the trainee is able to control their bicycle sufficiently well to take part in the training.
4. Training takes place initially in the school playground. If the trainees have reached the required standard, they will then be taken out onto local roads for further on road training.
5. Training will cover all aspects of safer cycling, including recommended procedures for starting, stopping, turning left and right, developing skills and basic strategies for dealing with traffic.
6. I agree that the instructor(s) can adjust my child's bicycle if necessary.
7. I am responsible for providing my child with suitable clothing for cycling.
8. I confirm that neither my child nor any member of my household has symptoms of COVID-19 or should be self-isolating under government guidelines
9. I agree that my child will always adhere to the protective measures set out for education settings under government guidelines, except in case of emergency
10. I will contact BikeRight! if my child develops any symptoms of COVID-19 within 48 hours of the training session.

**I have read, understood and agree to the Terms and Conditions above**

Name		Contact Number(s)	
Signature		Date	

**To find out more about Bikeability:** <https://bikeability.org.uk/participants-hub/>

**Privacy and data security:**

At BikeRight! we're committed to protecting and respecting your privacy.

Read our Privacy policy here: <https://bikeright.co.uk/legal/privacy/>



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