



Dear Parent / Guardian,

**Bikeability Level 1 and Level 2 cycle training will be delivered in this school, week commencing 06/05/24.**

Bikeability is the national award for cycling and is delivered by Active Barnsley on behalf of Barnsley Council and is one of the sessions that are part of a wider program of sessions that give children the confidence and skills to enjoy wheeling and walking to school or in the community.

Bikeability is split into 2 levels at primary school and is delivered by experienced instructors. We will provide suitable training to help improve your child's confidence on their bike and for those who develop these skills, they may be able to access Bikeability Level 3 training in the future, which is available at secondary school age.

### **Bikeability Level 1 - Developing your child's basic riding skills and understanding of riding their bike.**

This session is held on the playground or other traffic free area. The Bikeability team will also check your child's bike to ensure it is suitable for them to ride. Alternatively, the Bikeability delivery team can provide a bike and helmet for your child if you haven't got access to a roadworthy bike. Please indicate on the permission slip if you wish to borrow a bike/helmet.

If we feel your child is competent at Level 1, they then progress onto Level 2, which will be held out on local, residential roads. Some Level 1 riders might not be ready for Level 2, but their achievement will be celebrated with a badge and certificate, which includes guidance to help them enjoy riding in traffic-free environments. Please do encourage your child to participate, even if you are not sure of their riding ability, so they can see what Bikeability involves.

### **Bikeability Level 2 – Developing your child's confidence and understanding of local routes.**

This session teaches skills and build's your child's confidence riding to school, or in the community to meet friends and family. Level 2 is delivered on local quiet roads and cycle lanes, to teach children how to navigate them safely and confidently, whilst constantly developing knowledge of road priorities and the Highway Code. The instructors will tailor their delivery to the riders present, so the group is comfortable and challenged appropriately.

Please note, both levels of this course are for children who can already ride a bike fairly confidently, they should be able to balance unaided as a minimum. Bikeability Level 1 will help build confidence to look behind while riding and take one hand off the bars to signal. If riders can practice controlling their bike before Bikeability, that will help them get the most from their training. The Sport and Physical Activity team at Barnsley Metropolitan Borough Council do offer 'ready to ride' activity which can help aspiring Bikeability participants to get ready in the weeks leading up to their session (eg. If they are still working on their balance skills); your school will advertise this activity if it is offered at your school.

For more information about Bikeability, please visit [www.bikeability.org.uk](http://www.bikeability.org.uk)

Yours Faithfully,

Adam Robinson  
Bikeability Co-ordinator BMBC / Active Barnsley





# Bikeability Barnsley Level 1 + 2 Cycle Training Pupil consent form

Your child will be unable to take part if this form is not returned.  
Please ensure this form is completed before the session



## BIKEABILITY- BARNLSLEY ON THE ROAD CYCLE TRAINING

My child will need to borrow; (circle yes or no)

Bike	Yes / No	Helmet	Yes / No

- I have read the letter about the course and agree to my child taking part.
- I have understood that part of the training will take part on public roads under the supervision of an instructor.
- If your child is using their own bike and helmet, I believe it to be in a safe and roadworthy condition.
- I can confirm my child can already ride a bike without support.
- My child has the following health issues that could impact on them during the training

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Signature of parent/guardian

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Name of Child:

Address:

Postcode:

Date:

