



# **Bikeability course information** **and registration form**

## **What is Bikeability?**

Bikeability is Cycling Proficiency for the 21st century, designed to give the next generation the skills and confidence to ride their bikes on today's roads. There are three Bikeability levels and children will be encouraged and inspired to achieve all three levels, recognising that there is always more to learn and to enjoy on a bike.

## **Lewisham cycle training**

Lewisham Council are Bikeability certified and during this course we aim to deliver levels 1 and 2 of the Bikeability syllabus over 4 sessions. Level 1 is based in the playground and aims to teach the trainees basic control skills, signalling and breaking correctly. Level 2 is based on the road and is designed to demonstrate how the skills learnt in level 1 can be applied in real life road situations. The trainees also learn how to use road junctions with the emphasis heavily weighted on being safe. The trainees will also learn about the road signs and markings they may encounter on the road.

To pass each level the trainee must demonstrate that he or she is proficient in each manoeuvre shown. They will not be allowed to progress to the next level until this is shown.

## **How long is the course?**

The course is usually run over 4 consecutive days with a 5<sup>th</sup> day kept as contingency. Level 1 is run on the first day in the playground. Usually level 1 can be completed on day 1 leaving the rest of the time to complete level 2. To complete level 2 the trainees must complete a minimum of 6 hours on road training and must be able to demonstrate they are competent in the manoeuvres and skills shown to them. Courses are usually completed in 4 to 5 sessions. An example timetable is shown below ( this is flexible depending on the schools other commitments)

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
All Day	2 Hours	2 Hours	2 Hours	Contingency day
Level 1	Level 2	Level 2	Level 2	

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

## Course requirements

The training is free however there are some basic requirements required to be able for trainees to undertake the course. These are:

### Helmet and Clothes

**Cycle Helmet (Compulsory)**- All trainees are required to wear their own helmet. This should be fitted correctly so that it sits on the trainees head covering their fore head. It should be a snug fit with tight straps that come down round the ears. A poor fitting helmet that is loose and pushed up offers much less protection and could fall off in the event of an accident. A full face helmet is not suitable for road riding.

**Clothes** Trainees should have the appropriate clothing with them to ensure that they are comfortable, although skirts can be worn we find the trainees are much more comfortable in trousers and warm water proof jackets if cold and or raining or sun cream if its hot!

### Bike

All types of bike are acceptable as long as it is in a 'road worthy' condition. Below is a list of the **minimum level** of maintenance required. Any trainees bikes that do not reach this level **will not** be able to take part in the training.

**Bike size** – the bike has to be a good fit. A bike that is too small or too big can be dangerous. Trainees should be able to touch the floor with the balls of their feet

**Wheels/Tyres** – the wheels should run smoothly with no buckling. The tyres must be in a good condition not showing excessive cracks or bulging around the rim. They should also be pumped up to the correct pressure indicated on the side of the tyre.

**Brakes** – Both the front and back brakes should work and be able to lock the wheels when the bike is pushed forward. The brakes should not rub the wheel when they are not applied.

**Chain/Gears** – these should be well oiled and undamaged

**Reflectors** – The bike should be fitted with a rear red reflector and the pedals should have amber reflectors in them.

Please fill in the form attached to this information sheet and return it to school to register your child on the course.

**Consent form 'Bikeability' cycling course**

<b>Name of Child</b>	
<b>Address</b>	
<b>Post Code</b>	

<b>Any Relevant medical information that the trainer should be aware of ?</b>	
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**I consent to my son/daughter taking part in the Lewisham Cycle Training Scheme. I have read the information sheet and understand that training is carried out in the playground and if the required standard of riding is reached and the bike is roadworthy training will then be carried out on the public highway.**

<b>Parent / Carer Name</b>	
<b>Signed</b>	
<b>Date</b>	

**Please give your signed form back to your class teacher.**

**If we do not have this signed consent form at the start of the course you will not be able to take part in the training.**