

Bikeability Interest Request - Level 1

Your child has the opportunity to take part in a Level 1 Bikeability course.

Participants should be able to ride without any assistance.

The course will be delivered in a playground or similar off road environment and is designed to enhance your child's basic cycling skills. It introduces the children to safer bike handling practices in fun and relaxed way, in readiness for Level 2 training in year 5 or 6.

There is no on road training on this course. If you decide to allow your child to ride on the road, they will need to be closely supervised by an adult, as this course does not cover on road cycle safety training.

Bikeability is the Government's national cycle training scheme funded by the Department for Transport and based on the National Standard for Cycle Training. It is delivered by trained, professional, DBS-checked instructors who have safeguarding and risk assessment training.

Cycling is a life skill with many benefits such as being great for the environment, improving physical and mental health and encouraging independent mobility

Bikeability builds the skills and confidence of people who can already ride and trains riders to make independent decisions and practice safe and responsible cycling, preparing them for a lifetime of cycling.

Evidence shows Bikeability helps more people cycle, more safely, more often.

Riders must demonstrate all National Standard assessment criteria independently before they progress to the next Bikeability level. All participants receive an official Bikeability certificate including a personal cycle skills profile.

Each child will be continually assessed and will all receive a booklet, badge and certificate.

Bikeability places are limited and places will be booked on a first come basis. Please complete the form below, the school will let you know the date in due course.

Level 1 Bikeability Cycle Training

I would like to put my child's name forward for cycle training.

Name of Child

Class

I confirm my child has a roadworthy bike with 2 working breaks and a properly fitting helmet