

## Bikeability Interest Request - Level 1&2

Your child has the opportunity to take part in a combined level 1 & 2 Bikeability course. The course starts in an off-road environment, and if all outcomes are met, then they will progress to the **local roads** to take part in Level 2. This course will give your child a basic level of cycling competence on which they will need to build and is not a guarantee of their safety.

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: it encourages independent mobility, is great for the environment, and improves physical and mental health.

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.

To find out more information click below

<https://www.bikeability.org.uk/about-cycle-training/cycle-training-for-children/>

**FURTHER INFORMATION FOR PARENTS. Please ensure your child's bike has been checked and the helmet has been adjusted correctly as the instructors can offer limited assistance due to COVID19**

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



### Bikeability Interest - Level 1 & 2

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

Name of Child .....

Class .....