

### **"Bikeability" National Standard Course**

Dear Parent / Guardian,

The Bikeability National Standard Cycling courses will be running in your school in the next few weeks. This updated scheme has been introduced by Department for Transport to provide training for all cyclists to help them to cycle safely in today's increasingly busy traffic conditions. We hope that you will encourage your child to take part.

This is a 2 day course consisting of;

**Bikeability Level 1** - (approximately half a day in the playground)

This level includes;

Helmet and bike check, cycling control skills including starting/stopping, manoeuvring at different speeds, looking behind, signalling left and right without wobbling and correct use of gears.

If a pupil successfully meets Level 1 standards they can progress to Level 2.

**Bikeability Level 2** – (approximately one and a half days on local roads)

This level is for more advanced cyclists and includes;

Starting and stopping an on-road journey, passing parked cars/overtaking, passing junctions, road and traffic awareness, road positioning, left and right turns from major and minor roads, decision making, road markings/highway code. Level 2 will be awarded when all aspects are completed competently and confidently.

All NYCC Bikeability Instructors are fully qualified Level 3 National Standard Cycling Instructors who will be familiar with local traffic conditions. The roads used will be risk assessed by your local Road Safety Officer to ensure they are suitable for this training. When riding on the road, children will be fully supervised and accompanied by the Bikeability Instructors and high visibility jackets will be provided to be worn at all times.

**For your child to take part, you will need to ensure that your child has:**

- ❖ **A roadworthy bike.** The attached checklist may be of use to you to show what we will be checking prior to the course starting. A child will not be allowed to take part if a bike is considered unsafe. If you are unsure, please visit your local bike shop for professional advice.
- ❖ By law the bicycle must have an audible warning, e.g. **a bell**.
- ❖ **An approved, well fitting cycle helmet** conforming to standards: -EN 1078 or SNELL B 95. Damaged helmets, full face motorbike style helmets and helmets used for other sporting activities are not acceptable for the course.
- ❖ **The ability to ride a bike!** This course is not intended as a basic training course. It is a starting point for life long development of good practise as a cyclist on the road. Children need to be able to cycle and balance properly especially when giving hand signals to take part. If your child cannot do so, it would be very helpful to them (and us) if you would give them some opportunities to practice their basic cycling and balance skills before the course starts.
- ❖ **Suitable outdoor clothing for cycling**, depending on the weather and the time of year. (comfortable, layered clothing, sensible footwear, coat, waterproofs, sun cream, water, medications. Gloves are highly recommended.

Further details of this course can be found at [www.bikeability.org.uk](http://www.bikeability.org.uk)

Yours faithfully  
Sandra Pearson  
Road Safety Assistant

