

St Oswald's
Catholic Primary

BIKEABILITY

Bikeability is a cycle training programme for cycling on today's roads. Your child is invited to take part in the free level one and two course available on:

Monday October 14th &
Wednesday October 16th



Level one is an off road session, usually on the school playground and covers basic cycling skills, including controlling the bike, looking around whilst on the move and signalling.



Once Level one has been passed, Level two takes place on roads and involves short journeys which give real life experiences of cycling with traffic around.

"All the children felt they had achieved and overcome challenges with the full support of the instructors"

"I enjoyed riding round and exploring new places"

"It was all interactive which made it more fun"

If your child is considered to be not quite ready for level two, they will be unable to take part out on the roads after the playground session. If you would like your child to participate in this programme, please fill in the consent from below and return to the class teacher. All children will receive a certificate, booklet and badge on completion of the course.

You as parent/guardian are asked to:

- Complete this form for the child you wish to take part
- Return the completed form to the school before the first session
- Provide your child with a road worthy bike
- Ensure that your child's bike is in good working order and suitable for riding on the road, i.e. working brakes (front and back) and pumped up tyres. Please note children will not be allowed to take part if their bike is considered unsafe
- Provide your child with a cycle helmet – this is compulsory
- Indicate below any medical conditions your child suffers from that you feel the instructors should be made aware of for a cycling course

I give permission for my child to take part in a Bikeability cycling course. I understand that most of the training will take place on public roads, under supervision. The first session will be on school grounds and pupils must complete this to the required standard to be able to participate in the following sessions on the road. I agree that my child can take part without any liability on the part of South Ribble Borough Council in respect of any injury or any loss or damage to property that is not caused by an instructor's negligence.

South Ribble Borough Council is not responsible for your child's journey to and from school with their bike.

Child's name _____ Age _____
School and Year Group (5 or 6) _____

Relevant Medical Information (Including any allergies to hand sanitiser, etc)

Your name _____
Emergency contact number _____
Signed _____ Parent/Guardian
Date _____

Thank you for completing this form.

Photographs may be taken during the course to document events and activities, and for promotional purposes. If you do not wish your child to be included in these photographs, please tick here___

If you would like more advice and offers aimed at supporting families to continue cycling, please visit
www.bikeability.org.uk/beyond-cycle-training/bikeability-club/

If you or your child wishes to progress their skills even further in a supportive, family environment, we have teamed up with Ribble Valley Juniors Cycling Club to offer led family rides. For more information about led rides, please email sec@rvjuniors.co.uk.