

Friday 29<sup>th</sup> March

### **Bike Ability**

Dear Parents/Carers,

This year we will again be having Bikeability courses for children in years 5 and 6. The children will be split into 3 groups (more details on the specific group your child is in will be sent out in the coming weeks), with the course running over 3 different dates, which can be seen below:

Group 1: 29/04/2019 – 30/04/2019

Group 2: 01/05/2019 – 02/05/2019

Group 3: 20/05/2019 – 21/05/2019

**If any of these dates would be problematic, please let me know (e.g. you won't be able to bring your child's bike to school).**

The course is split into 2 levels, with level 1 having a focus on fun in an off-road, traffic free setting (completed on the playground). This session will include carrying out simple bike safety checks, adjusting a bicycle and fitting a helmet, as well as basic bike controls and use of breaks and gears.

If your child shows they are a competent cyclist and it would therefore be safe for them to do so, they will be taken out on quiet roads in the surrounding area. The cycle training providers will make the decision as to which children can start, and stay on, the level 2 course and they will only take out those that they think are ready at this stage. On this section of the course, the children will be taught how and when to signal their intentions to other road users, to have correct road positioning, to demonstrate good observations at all times and an overall understanding of safe riding.

Prior to the course your child should be able to demonstrate that they are able to control their bike, maintaining balance unaided and without stabilizers, for 10 metres. On their course dates they must bring a bike with them that is the correct size, with pumped up tyres and 2 working breaks. They must also bring a correctly fitting helmet, which will be worn at all times on all sections of the Bikeability courses (further guidance can be found on the Highway Code's 'Rules for Cyclists').

The courses are extremely fun as well as informative, giving the children an excellent opportunity to develop the skills that they need to become safe and competent cyclists. If you would like your child to take part on the course (which is completely free!) then **please complete and return the registration form by Monday 1<sup>st</sup> April**. Please let me know if you have any questions!

Your sincerely,  
Mr Coley