

Bikeability Level 1 & 2 Cycle Training Course

Parental Information




Department
for Transport

Outspoken!
Training

Lincolnshire
COUNTY COUNCIL
Working for a better future

Bikeability

Bikeability is the only approved cycle training programme supported by The Department for Transport. It is designed to enthuse participants about cycling whilst equipping them with the skills and confidence to ride more often. All the training is delivered by qualified, professional, National Standard instructors.



There are three Bikeability levels:



Level 1 takes place in an off-road environment and teaches riders how to control and master their bikes



Level 2 gives participants on-road experience in residential traffic to help them prepare to make short journeys by bicycle



Level 3 teaches individuals the skills to ride effectively on more complex roads and in further challenging traffic situations.

For more information on Bikeability, please visit www.bikeability.org.uk

Course Information

Number of Sessions: 4

Dates: 7 - 10 June 2021

Year Groups: Year 6

Times: Throughout the school day

Format: Session 1: Level 1 & Sessions 2-4: Level 2

What will your child need?

- A complete consent form (see overleaf)
- A roadworthy bike without stabilisers (see checklist)
- A helmet
- Suitable clothing for the weather conditions

Further information for parents

- This course is not suitable for non-riders
- It is important that your child attends every session
- Please encourage your child to practice in between each session
- We also offer private one to one training for children and adults as well as private family training. Please visit our website for more information (www.outspokentraining.co.uk).

How to book

Bikeability places are limited and places will be booked on a first come basis.

Please complete and return a consent form (see overleaf) to school as soon as possible.

Bike & Helmet Checklist – Compulsory Helmets

Fitting

SADDLE HEIGHT:

With the pedal at its lowest point (see picture), place the back of the heel on the pedal. The leg should be straight. Riders should also be able to touch the floor comfortably with their toes whilst sat on the saddle.

REACH:

The rider should be able to comfortably reach and operate the brake levers on the handlebars.

HANDLEBAR:

Check handlebars can't be twisted out of line with the wheels and are straight.

Bar ends must not be exposed.



Checklist

- 1. **Mechanical Conditions:** Are all the parts tight and in good repair?
 - 2. **Frame:** Check that the frame fits your child
 - 3. **Tyres:** Are they fully inflated with plenty of tread and no bald patches?
 - 4. **Wheels:** Check spokes are not broken or loose and that both wheels run freely.
 - 5. **Chain & Gears:** Is the chain oiled and not too loose or too tight? Check all gears can be changed easily. Fixed gear bikes are allowed.
 - 6. **Brakes:** Does the bike have two working brakes which stop the cycle with the minimum amount of pull on the brake levers?
 - 7. **Brake Levers:** Are the brake levers positioned so your child's fingers curve easily around them whilst the palm of their hand is on the grips?
 - 8. **Saddle:** Is the saddle straight, roughly horizontal and the correct height for the rider?
 - 9. **Seat Post:** Is the saddle the correct height for the rider with the seat post tight and not over the maximum limit?
 - 10. **Helmet:** Have you checked for cracks, frayed straps and that it conforms to BS EN 1078:1997 or equivalent?
- Please note BMX bikes can be used on this course if the bicycle has two working brakes.