



Bikeability Cycle Training

Crofton School has been chosen as one of the Schools in the area to receive Level 3 Bikeability Cycle Training. This training is designed to give students the extra skills needed to use complex junctions and road features such as roundabouts, multi-lane roads and traffic lights.

Students enjoy cycling and of course it brings many health benefits, develops confidence and gives them independence. Students who have been trained are much safer and, in addition, tend to cycle more. This training is being promoted by the Fareham Schools Sports Partnership and is being carried out by Pedal Power Training Ltd.

Students must have passed their Level 2 in order to start the Level 3 training, which takes place on local major roads. It is essential that students have practiced level 2 and are confident with road riding in order to progress to the more complex level 3 outcomes. Your child will undergo a 30 min assessment on their Level 2 skills at the start of this course. If we feel that they cannot demonstrate quick, clear and confident Level 2 outcomes, then they may not be able to continue to take part in this training. We would also ask that each rider attend the training session with a printed road map, with a highlighted cycle route they would take from home to school and from home to a local place of interest.

The training will take place on either **Monday 2nd, Tuesday 3rd or Wednesday 4th September 2019**, with the session being run between 0900 - 1400. During Bikeability Level 3 training, your child will learn new skills to tackle a wider variety of traffic conditions than on their Level 2. When they reach Level 3 standard they will be able to deal with all types of road conditions and more challenging traffic situations. The course covers dealing with hazards, making 'on-the-move' risk assessments and planning routes for safer cycling.

There are a limited number of places available, so please complete and return the attached form by **Tuesday 16th July** at the latest.

If you would like to take up the offer of cycle training but need to arrange for use of a bike and/or helmet, then it may be possible to borrow a bike and/or helmet from Pedal Power Training, alternatively you could arrange to share with a friend – please let the school know. Please note the minimum seat height of our bikes is 750mm.

2nd

Your child will need the following for their course session:

- **A bike which is roadworthy and the correct size** (a bike check will be carried out on the first day and any bike which is not roadworthy will have to be fixed for your child to continue on the course).
- **A cycle helmet** (which must again be of the correct size and fit properly)
- **Sufficient warm clothing** including **gloves**, High visibility jackets are provided.
- **Some wet weather clothing** e.g. a shower or waterproof jacket as a minimum and preferably some over trousers. The training will continue in light to moderate rain but will be suspended if there is a heavy downpour.
- A packed lunch.

I do hope you will register your child for this training and look forward to receiving your completed forms by **Tuesday 16th July**.

Yours sincerely,

Headteacher

PARENTAL CONSENT FORM

Parent/Guardian's Name (please print)

Child's/Children's Names (please print)

Street/Road name of your home address

Year Group _____

- I would like** to register the above child/children to take part in the cycle training and confirm that they will have a roadworthy bike and a helmet.
- I would like** to register my child and borrow Bike Helmet Both for my child during the course (Please circle choice)

Has your child passed a Level 2 Bikeability Course? Yes/No

Please circle your preferred date for the training. A rider only needs to attend one of the dates below, between 0900 – 1400.

Monday 2nd Sept Tuesday 3rd Sept Wednesday 4th Sept

We will then contact you after the 17th July 2019 to confirm your place on this course.

Medical or other conditions which may be of relevance:

Signature: _____

Date: _____

Contact telephone number: _____

Please return this form to:

Amanda Knight

by Tuesday 16th July 2019 at the latest.