



Level 1 Bikeability Training in School

Dear Parents/Carers,

Great news! We will be coming to your school to do Bikeability training with your children in:
Year 3 and Year 4 on Thursday, 16 January 2025.

The Bikeability Level 1 course helps children get more skilled and confident in riding their bikes in the playground and get them ready for cycling on the road. Riders **MUST** already be able to ride a bike - pedal and freewheel - to participate in this level.

Each child will require a roadworthy bike, a helmet, suitable clothing for spending up to 120 minutes riding a bike outside (e.g. A shower-proof coat if it's going to rain, gloves if it is cold) and secure flat shoes/trainers, water, plus other personal requirements e.g. Medication needs, sun cream, inhaler.

Pupils enjoy developing their cycle skills and safe cycling knowledge through the training and it also provides important life skills as they grow and develop. The training will be delivered by DBS checked qualified Bikeability instructors.

Cycles must be in a roadworthy condition which means both brakes are fully working, tyres are pumped up, gears (if present) operate as designed, the chain is properly lubricated.

Bikeability is government-recognised, practical and professional training, and we know that cyclists are more skilled and more confident once they've taken part.

Our training will take place at school on the following date:

Date: Thursday, 16 January 2025

Duration 2 hours

Cost: £5

- The cost of the course is £5 per child, non-refundable. If you would like your child to take part, visit: URL: <https://consent.bikeability.org.uk/tub-warm-coal>
- **To secure a place and pay the £5 fee, please sign-up your child via the Arbor portal no later than Friday, 6 December 2024.**

Places are limited and it will be a first come first serve basis.

Kind regards

BeSpoke Cycling Instruction

