

## Missed out on your Bikeability at school? Just learnt to ride? Want to improve your skills?

### NW Active are running Level 1 Bikeability at The Pingles Athletics Stadium over February Half Term!

#### WHAT IS BIKEABILITY?

Bikeability is the national cycle training programme supported and funded by the Department for Transport. The course builds the skills and confidence of children who can already ride. Bikeability can not only make children better cyclists - potentially for the rest of their lives - but can help with general confidence and independent thinking. All of our Bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors. Visit [www.bikeability.org.uk](http://www.bikeability.org.uk) for more information



**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



COURSE INFORMATION	WHAT WILL YOUR CHILD NEED?
<p>Bikeability Level (s) – <b>Level 1 – OFF ROAD Training</b></p> <p>Date – Monday 16<sup>th</sup> February</p> <p><b><u>Choose ONE day when prompted in the consent process</u></b></p> <p>Time – 9:30am-12pm <b>OR</b> 1-3:30pm</p> <p>Year group/s– School Years 3, 4 or 5</p> <p><b>Cost: FREE</b></p>	<ul style="list-style-type: none"> <li>• A complete consent form (Scan QR Code or follow URL)</li> <li>• A roadworthy bike without stabilisers (see checklist)</li> <li>• A helmet</li> <li>• Suitable clothing for the weather conditions</li> </ul>

TO BOOK PLEASE SCAN THE QR CODE or FOLLOW THE URL: <https://consent.bikeability.org.uk/topic-kick-group>



**Please note: We can provide a limited number of cycles and helmets for pupils to complete the course on. If your child has access to a cycle please ensure they bring it for the course. Only request to borrow one if you do not have a suitable cycle.**

Please read our term and conditions below before signing up online.

#### TERMS & CONDITIONS:

Please read the following information before completing the online consent form. I understand that:

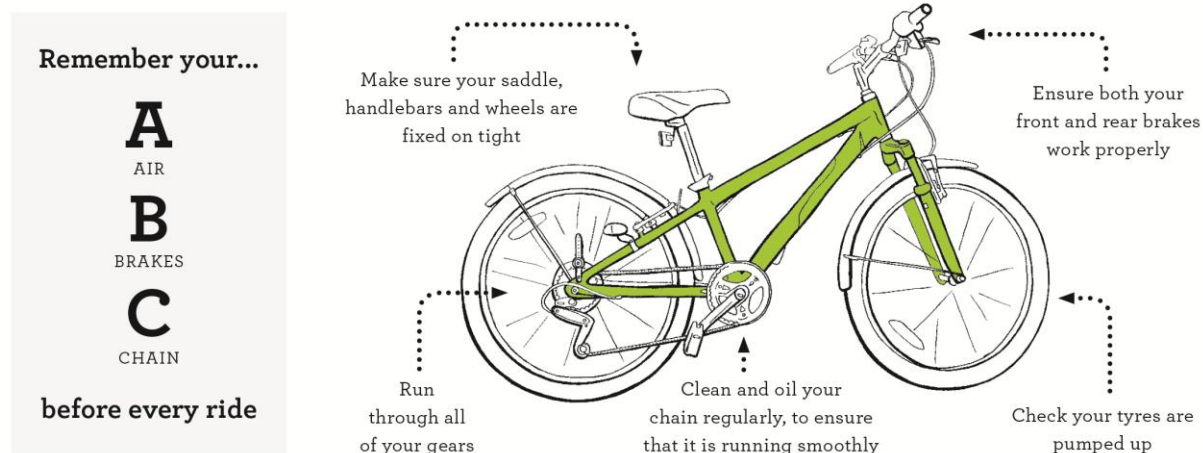
1. I agree to my son/daughter taking part in cycle training
2. My son/daughter can already ride (may be refused if not)
3. The instructors may refuse to train my child if they deem his/her bicycle to be unroadworthy
4. It remains my responsibility to ensure my child does not ride an unroadworthy bike and if I am in doubt as to whether a cycle is roadworthy I should seek the advice of a professional mechanic
5. Instructors may at any time refuse to continue to train my child if his/her behaviour or cycling ability is deemed unsuitable
6. Northern Warwickshire Active will not be responsible for any injury or liable for any loss or damage to participant's cycles and other belongings.
7. I agree for my child to wear a helmet, which I will provide.
8. I consent to the Bikeability instructor 'adjusting' my child's helmet if required, however I confirm they are not responsible for the physical condition or appropriate fitting of the helmet
9. I understand that pupil data collected will be used to support the delivery and monitoring of training sessions/courses. See [bikeability.org.uk/privacy-statement/](http://bikeability.org.uk/privacy-statement/) for further details.
10. I agree to encourage my child to practice after the completion of training.



[www.bikeability.org.uk](http://www.bikeability.org.uk)

## Pre-course bike safety check

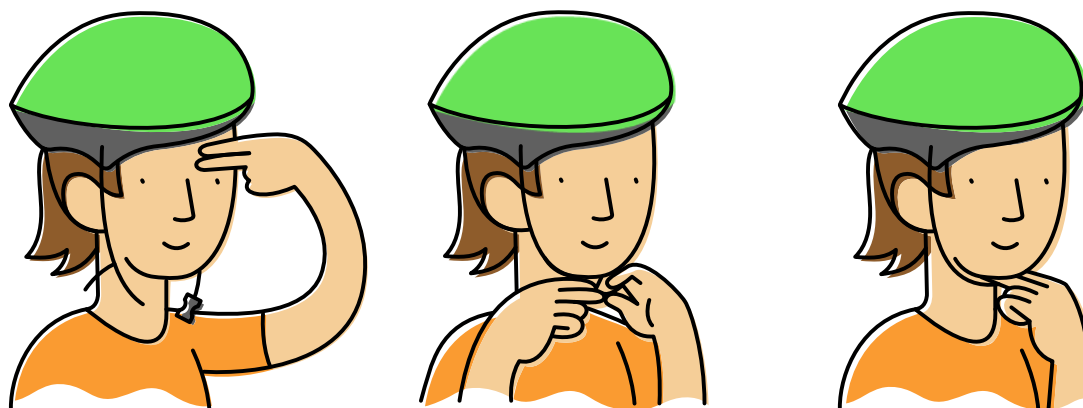
Visit Halfords online safety check [www.halfords.com/cycling/bike-maintenance/care-plans/free-bike-check](http://www.halfords.com/cycling/bike-maintenance/care-plans/free-bike-check)



## Helmet Check

Your helmet should sit on top of your head comfortably, (not too tight or too loose), with the peak sitting about two fingers width from your eyebrows.

The side adjusters should sit just below your ears forming a nice V on the side of your head, and the chin strap should allow for two fingers to fit between it and your chin.



[www.bikeability.org.uk](http://www.bikeability.org.uk)