



## ***Bikeability Consent Form - Schools***

Your son/daughter has expressed an interest in a Level 3 Bikeability course. Please read the following information and return the consent form attached to this letter to Mrs Smith via reception if you would like him/her to complete the course. **This will secure his/her place on the course**

### **The course**

Bikeability is Cycling Proficiency for the 21<sup>st</sup> century and is funded by the Department for Transport (DfT) in partnership with Plymouth City Council. The course is designed to give young people the skills and confidence to ride their bikes on today's roads. Your son/daughter has shown an interest in the **Level 3** course. This course takes place on public roads and will recap Level 2 on-road traffic theory and will introduce advanced cycling practice –looking at the cycle route to school specifically. Each child must be able to ride a bicycle and have good control and balance. For the Level 3 course we would like your son/daughter to bring their own bike in to school if possible but **we are able to provide bikes and helmets if required.**

All courses are conducted by approved National Standard Instructors, who are CRB checked and have attended a First Aid course. They will decide if trainees have attained the required level of competence by continuously assessing each child's performance. At the end of the course, all children will receive certificates and advice regarding their skills.

### **What we ask of the parents**

We request that you discuss the Bikeability course with your child, and encourage them to practice what they have learnt each session - maybe by accompanying them on a bike ride and discussing the Highway Code. Your child must attend every session - if they miss any sessions they may not be able to complete the course, also please ensure your child attends every session wearing appropriate clothing for cycling and the weather conditions.

### **Bicycle Checklist**

Your child will learn the following checks to be made before each bike journey-

- Check that both front and back brakes work and the brake pads touch the wheel, not the tyre. It is a legal requirement to have two working sets of brakes
- Check the rider can easily reach the brake levers
- Check all cables to ensure they are not frayed or about to break
- Check the bike isn't too big or too small for the rider. The rider's toes should be able to just touch the ground when sitting on the saddle
- Check that the seat and handlebars are not raised above their safe limits (there will be a marking showing on the seat or handlebar post)
- Check handlebar end caps are fitted
- Check the wheels are fixed securely to the bike
- Check if the tyres are worn or have bulges. Make sure they are pumped up hard, as there is less chance of a puncture
- Check the handlebars turn smoothly and cannot be twisted out of line
- Check the pedals spin freely
- Check that all gears change easily and ensure chain is well oiled
- Check that the helmet fits snugly and securely. There should not be space to put more than two fingers between the chin and the strap.

**The course is 6 hours long. We will be running this in normal school hours from 8.50-3.10**

Your son/daughter will be completing the level 3 course on ONE of the following dates. The date will be confirmed once we have all the consent forms collected in.

Thursday 7<sup>th</sup> May 2015

OR

Friday 8<sup>th</sup> May 2015

**You will need to wear-**

**Trainers with good grips, tracksuit bottoms (not flared), several layers on top, jumper, gloves, coat.**

**Please come to school already changed . You do not need your uniform on the day of the course**

**You will need to bring**

**A drink in a plastic beaker**

**Snacks**

**You will have lunch at school as normal**

Please return the attached consent form to reception as soon as possible.

**This will secure his/her place on the course**

Any questions please contact me on 705131 or e-mail me on [hsmith@asap.org.uk](mailto:hsmith@asap.org.uk)

Thank you

Mrs H Smith

PE Teacher All Saints



## **Level 3 Bikeability Consent Form**

(PLEASE USE BLOCK CAPITALS IF WRITING BY HAND)

Child's name:	
Child's school:	
Date of birth:	
School year:	
Parent/carer's name:	
Tel. No:	
Email:	
Emergency contact number:	
Please detail any medical conditions that we need to know about?	
Please give details of any learning support your child needs at school:	

I have read all the information above	Yes / No
<p>Whilst every care will be taken to ensure your child's safety, Plymouth City Council provides public liability insurance only and not Personal Accident insurance for anyone undertaking this course, nor does it accept responsibility for the actions or personal behaviour of participants. Plymouth City Council and your training provider are not responsible for any injury to persons or loss or damage to property which occurs on the way to and from a session, or which does not result from the negligence of an instructor. However, every instructor carries third party liability insurance which covers your child as a third party. I understand the insurance provision.</p>	Yes/No
I agree to my child receiving on-road training (level 3)	Yes / No
<p>I will ensure my child's bicycle is in a roadworthy condition - please see the bicycle checklist</p> <p><b>OR</b></p> <p>All Saints would like to support children who do not have access to a bicycle and are therefore offering the option of a loan bike /helmet- please circle below if you would like to apply for this option -</p> <p>Bike required please</p> <p>Helmet required please</p> <p>My child can ride a bike competently</p>	Yes / No
Can we email you about other cycle events and training? (Your details will not be given to third parties)	Yes / No
Parent/Carer Signature:	
Date:	
<b><i>I have read all of the information and completion of this application acts as my consent for my child to take part in a cycle training course.</i></b>	

**Notes:**

*Any participants who persistently misbehave or put others in danger will be asked to leave the sessions and will not be allowed to attend in future.*