

## Bikeability Level 1 Information and Consent Letter – Chadsmead Primary Academy

Dear Year 4 Parents / Carers

7<sup>th</sup> September 2023

On **Friday 6<sup>th</sup> October 2023** all pupils have been offered the opportunity to take part in Bikeability Level 1 **FREE of Charge** during school time. This is a national scheme funded by the Department for Transport and provided through Staffordshire County Council.

The course is delivered by Nationally Qualified Cycling Instructors and Bikeability is an active, fun and trusted outdoor activity.

Level 1 takes place on the school playground and teaches children how to **maintain their cycle**: make sure it is in tip-top condition and make simple repairs, **glide**: smooth, calm and collected, **control their bike**: including setting off, cruising, slowing down, braking and stopping, **pedal**: without feeling wobbly or out of control. And **be aware of their surroundings**: looking behind and turning around obstacles. It's also sound introduction to Level 2 on-road training which is offered by your school. All who take part will receive a badge and certificate.

Participants **must be able to ride without stabilisers** to take part. They also **need their own roadworthy bike** (we strongly recommend a helmet), signed parental consent and outdoor clothing (warm waterproof coat & gloves) or sunblock subject to conditions. Parental permission must be given if no helmet is being worn\*. **Bicycles need to be in a road-worthy condition for this course** which means a front and back working brake. Ideally please also check tyres have enough air, oil the chain, ensure handlebars are fixed on tight and your child's seat is secure and pointing forward ([www.bikeability.org.uk](http://www.bikeability.org.uk))

Parents/Carers must **complete the slip and return to school before Wednesday 20<sup>th</sup> September**.

Yours sincerely

Miss Liann Allpress

[liann@cyclist-training.co.uk](mailto:liann@cyclist-training.co.uk)

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### CHADSMEAD PRIMARY ACADEMY – YEAR 4 BIKEABILITY LEVEL 1 PARENTAL CONSENT

**Please return consent to school office before Wednesday 20<sup>th</sup> September 2023**

Pupils / Participant Name: \_\_\_\_\_ Year Group: \_\_\_\_\_

Participant will have a road-worthy bike (YES) and helmet (optional YES / NO) \*Signed: \_\_\_\_\_

May we use your child's image for CTL/Council website and social media? YES/NO

Please provide medical / allergy / SEN Information and details if your child is clinically vulnerable / at higher risk of severe illness from Covid-19 / lives with someone who is clinically vulnerable:

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

CTL complies with GDPR and protects the personal information of individuals

**Bikeability Combined Level 1 & Level 2 Information and Consent – Chadsmead Primary**  
Dear Year 6 Parents/Carers 6<sup>th</sup> January 2023

Your child has the chance to take part in **Bikeability Combined Level 1 & Level 2 cycle training on Monday 16<sup>th</sup> & Tuesday 17<sup>th</sup> October 2023**. Cyclist Training Ltd coaches young people in vital skills that will stay with them for life.

Bikeability Level 1 starts on the playground and ensures children know how control their bike: including setting off, cruising, slowing down, braking and stopping before heading out onto the road for Bikeability Level 2 which teaches children how to grow more confident with each turn of the pedal. Expert instructors will lead riders onto quiet roads, to experience “real” cycling. This may feel like a big step for both you and your child but with our instructors on hand, your child will feel confident and safe.

This is a **FREE** national scheme funded by the Department for Transport and provided through Staffordshire County Council. We teach riders to **start and stop** a bike with more confidence, **pass stationary vehicles** parked on a road, **understand the road**: signals, signs and road markings, **negotiate the road** and **share the road** with other vehicles.

Knowing how to cycle safely provides an increased independence as they visit friends and transition to secondary school. Cycling also offers physical and mental health benefits, is an essential alternative to public transport, reduces congestion and is always a popular leisure activity.

Participants **must be able to ride** to take part. They also **need their own roadworthy bike** (we strongly recommend a helmet), signed parental consent and outdoor clothing (gloves) or sunblock subject to conditions. Parental permission must be given if no helmet is being worn\*. **Bicycles need to be in a road-worthy condition for this course** which means a front and back working brake. Ideally please also check tyres have enough air, oil the chain, ensure handlebars are fixed on tight and your child’s seat is secure and pointing forward ([www.bikeability.org.uk](http://www.bikeability.org.uk))

Parents/Carers **must complete the slip below and return to school before Wed 20<sup>th</sup> September**.

Yours sincerely

Liann Allpress, Cyclist Training Ltd

[www.cyclist-training.co.uk](http://www.cyclist-training.co.uk)

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**CHADSMOOR – YEAR 6 BIKEABILITY COMBINED LEVEL 1 & LEVEL 2 PARENTAL CONSENT**

**Please return consent to school office before Wednesday 20<sup>th</sup> September 2023**

Pupils / Participant Name: \_\_\_\_\_ Year Group: \_\_\_\_\_

Participant will have a road-worthy bike (YES) and helmet (optional YES / NO) \*Signed: \_\_\_\_\_

May we use your child’s image for CTL/Council website and social media? YES/NO

Please provide medical / allergy / SEN Information and details if your child is clinically vulnerable / at higher risk of severe illness from Covid-19 / lives with someone who is clinically vulnerable:

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

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Staffordshire  
County Council