



Bikeability Level 1



Kent County Council is pleased to offer Bikeability Level 1 training to Year 4 children in Kent. Delivered to groups of twelve children at a time by our skilled National Standard qualified cycle trainers during either a morning or an afternoon session, this course takes place in an environment away from traffic – usually on the school playground. It uses lots of fun, games and activities to teach the children essential basic bike riding skills.

Developing these fundamental cycling skills, this course lays the foundations for Level 2 (on-road) training. It inspires individual confidence and encourages a skilled based approach to road use. This course includes:

- **Helmet checks and fitting**
- **Understanding various parts of their bike / simple bike checks**
- **Starting and stopping under control**
- **Riding the bike using gears correctly (if fitted)**
- **Making the bike go where the rider wishes, including swerving around objects**
- **Emergency stops/stopping quickly under control**
- **Looking behind and all around when riding without wobbling**
- **Signalling**
- **Manoeuvring skills**
- **Riding with others**
- **Fun games designed to consolidate and practise manoeuvring skills**



Each child will be given help and instructions so they can demonstrate achievement to the Level 1 outcomes. If a child achieves Level 1 they will receive a badge and certificate if not they will be given an attendance certificate which will include guidance on the areas they need to practice so in the future they can achieve level 1.

Each child must wear a helmet, suitable clothing for the prevailing weather (i.e. warm and dry) and have a roadworthy bicycle (2 working brakes, serviceable inflated tyres and no safety defects). Their completed parental consent form (see overleaf) must be returned and available at the school prior to the course. Children must be able to ride, balance and control their bike, to listen to their Instructor at all times, to concentrate and behave in a sensible and appropriate manner throughout the course. If these requirements are not met then regrettably the child will be unable to take part in the course.





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Parental Consent Form

I agree to the conditions described overleaf and to that stated below and give permission for my child to attend the course.

I will make sure that:

1. The bicycle is safe as outlined overleaf.
2. My child attends the training.
3. My child will have a suitable helmet, wet weather/ outdoor clothing and footwear.

I also understand that my child will be unable to participate in the training if:

- a) Any of the points (1-3 above) are not met to the satisfaction of the Instructor.
- b) My child cannot demonstrate adequate bike handling skills.
- c) My child is disruptive during training.
- d) The Instructor considers that my child places themselves, or others, at unacceptable risk.

Child's Name:

Date of Birth:

Medical conditions or allergies:

First Aid: I agree that in an emergency first aid can be administered to my child including anaesthetic.

YES NO

Should a cycle fail during the course (i.e. tyre puncture) and there was no quick way of fixing the fault: I will allow my child to participate on another child's cycle where the Instructor considers it safe to do so. YES NO

I will allow my child's bike to be lent to another child in the group to help that child to complete the course. YES

NO

School:

Parent/ Guardian Signature:

Date:

Please return this form to the school as soon as possible.

Without this authorisation, training will not take place.

