



<b>Date of course:</b>
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# Bikeability Training

Dear Parent / Guardian

Your child has been offered a place on a combined level 1 and 2 off and on-road cycle course. The Level 1 course will include skills exercises off road on a playground or park area. The Level 2 course (**if offered**) will include basic manoeuvres on local roads for those who have reached the required standard of cycle control at Level 1.

**Children will need:**

- To be able to ride a cycle
- Must have a **roadworthy cycle\* that is the correct height for the child and has two working brakes**
- A cycle helmet if they have one
- Will have to attend the full course
- Are appropriately dressed for an outdoor activity including the correct shoes for riding a bike (i.e. no open toe sandals, waterproof coats and warm clothing if appropriate for the weather).

**We will provide florescent hi-viz vests but if your child does not have a cycle helmet - please tell us on this form, and we will provide a cycle helmet – for safety all children must have a cycle helmet not just for this course, so please consider this.**

Please note that the course is designed to improve cycle control, and your child should therefore be encouraged to practise beforehand and after the course.

**Places are limited so if you wish your child to take part complete the consent form and return it to the school as soon as possible.**

I consent to my child (or child for whom I take responsibility) to take part in the practical assessment of effective cycling and related activities, as well as riding on the public highway. I understand that the Level 2 training will be conducted on the road.

\*I will ensure my child (or child for whom I take responsibility) has a roadworthy bicycle with two working brakes (and a cycle helmet if they have one).

\*I understand the instructors may refuse to assess my child if they deem his/her cycle to be un-roadworthy and it remains my responsibility to make sure that my child does not ride an un-roadworthy cycle. Furthermore, if I am in any doubt as to the road worthiness of my child’s cycle I will seek the advice of a professional mechanic.

I understand the assessor/instructor is not responsible for any injury or any loss or damage which is not caused by an assessor/instructors negligence and that the assessor/instructor takes no responsibility whatsoever for any injury or any loss or damage to any property which occurs either on the way to or from a lesson or when your child (or child for whom I take responsibility) rides his/her cycle outside of the Bikeability training session.

I accept the assessor/instructor may at any time refuse to continue to assess/instruct my child (or child for whom I take responsibility) if his/her behaviour or ability level is deemed unsuitable.

Signed Parent/Guardian		Date:
Parent/Guardian Name (please print clearly)		
Child’s name		
Child’s school name		
Child’s year group		
Contact telephone number for emergency only		
<b>Any special needs or disability the instructor should be aware of? Please tell us below</b>		