

Dear Parent / Carer

Great news!

Your child has been offered the opportunity to take part in Bikeability Level 1 (traffic free training).

Your consent is needed for your child to participate. Please complete the attached form and return it as soon as possible to:

Puddletown First School

Failure to complete this form will unfortunately result in your child being unable to take part.

What is Bikeability?

Bikeability is the government's national cycle training programme. It helps you learn practical skills and understanding of how to cycle on today's roads. Bikeability gives everyone the confidence to cycle and enjoy this skill for life.

Find out more: www.bikeability.org.uk

Pupils will need to bring a roadworthy bike and a helmet that fits securely is recommended.

A roadworthy bike has:

- Inflated tyres, as hard as an apple
- Two working brakes
- A well-oiled chain
- A saddle and handlebars which are fixed on tight

For tips on how to check your bike is roadworthy, visit <https://bikeability.org.uk/bikeability-training/get-ready/>

If you are still unsure, please seek the advice of a professional mechanic in advance of Bikeability cycle training.

You can also contact Holly Harris 1st4sport Bikeability Instructor for any course queries or concerns:

07942 387717

dorsetsafecycling@gmail.com

Bikeability Level 1 Consent Form

Name of child:

School/Organisation:

School Year:

Relevant medical conditions:

Relevant additional or special educational needs:

I am happy for photographs or videos to be taken of my child during Bikeability cycle training. These images may be used by the school, training provider or Bikeability Trust to promote the programme.

☐ Yes

☐ No

For my child to take part in Bikeability, I confirm the following:

	Tick to confirm
My child can already ride a bicycle and I understand that cycle training will be refused if they cannot ride competently.	
My child is medically fit to take part in Bikeability.	
My child will bring a roadworthy bike and I understand that cycle training will be refused if their bike is not suitable.	
My child will bring a helmet that fits securely.	
My child will have weather appropriate clothing.	
My child is responsible for their own behaviour, and I understand that cycle training may be refused if my child's behaviour puts them at risk to themselves or others.	
I have read all of the information and consent to Bikeability cycle training for my child, including 1:1 training if necessary.	

Signed (Parent/Carer):

Date:

Mobile No. & Email address (please print clearly)*:

*Please note contact details may be used by Dorset Council for evaluation purposes