



# INFORMATION FOR PARENTS AND CARERS

## CHECKLIST TO PREPARE YOUR CHILD FOR BIKEABILITY LEVEL 2

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- ✓ Please complete the consent form and return it to the school.
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- ✓ Please make sure that your child's bike is in a mechanically safe condition. A bike check guide is included in the paperwork the school has sent you. BMX bikes are allowed but both brakes must be fitted. Please note our Instructors cannot make repairs.
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- ✓ Before your child attends the first session please ensure that he or she can:
    - start and stop safely
    - cycle in a straight line without losing control
    - look behind without losing control
    - take one hand off handlebar without losing control (not required for some adapted bikes)If your child cannot safely perform these assessment tasks at the first session, they will not be able to go on the road to continue the training.
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- ✓ We recommend that your child wears a helmet. Please ensure it is adjusted properly as shown in the bike check guide.
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- ✓ Please make sure your child is properly dressed for the weather. We will aim to continue training in most weathers where it is safe to do so.
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## WHAT YOUR CHILD WILL LEARN

Bikeability Level 2 cycle training is a course teaching skills for quieter roads. We risk assess the roads around each school and the trainees cycle to different junctions with varying traffic conditions.

The session will begin in the playground where the instructor can assess the trainee's current level of cycling skills. The training will then progress on to the road. Level 2 has the following outcomes:

- Start and finish a journey
- Be aware of potential hazards
- Understand how and when to signal intentions to other road users
- Understand where to ride on roads being used
- Pass parked or slower moving vehicles
- Pass side roads
- Turn into and out of road junctions
- Demonstrate a basic understanding of the decisions you make while cycling
- Demonstrate a basic understanding of the Highway Code

We focus on the 'see and be seen' principle, making sure that each trainee learns to look properly and learns how to communicate effectively with other road users. Trainees will be taught to cycle away from the gutter - to ride in either the 'secondary' or the 'primary' road position. Secondary is between 0.5 and 1 metre from the kerb and primary is in the centre of the lane. Trainees will learn the appropriate position depending on the road, the traffic, and the manoeuvre they are making.

At the end of the course, your child will receive an assessment certificate. This will show you exactly what your child has been taught and achieved. We hope this will help you with the further development of your child's cycling skills.