

IMPORTANT INFORMATION FOR PARENTS 2017/18

Bikeability Level 1 Cycle Training is an off road course and is suitable for those who have just learned to ride and no longer use stabilisers. Our instructors develop road cycling and safety skills through explanation, demonstration and practical exercises off road in preparation for our Bikeability Level 2 on road training.

The course covers:

- Checking your bike and understanding the need of safety equipment and clothing
- Getting on and off a bike safely without help
- Start cycling, peddling and stopping without help
- Ride along without help for roughly one minute or more
- Make the bike go where they want
- Using gears (where present)
- Stop quickly with control
- Manoeuvre safely to avoid objects
- Look all around, including behind, without loss of control
- Control the bike with one hand
- Snaking practice in preparation for Bikeability Level 2

The training takes place in a traffic-free area, usually the school playground, and the exercises are designed to improve your child's balance and control skills. **Please note that this course is not suitable for non riders.** If your child is unable to ride a bicycle, then we can offer individual training. Please ask the school office for the Bikeability Team contact details.

If your child has any special needs and you feel that they would benefit from using an adapted bike please contact the charity 'Surrey Wheels For All' (matthew.Wing@cyclimg.org.uk) who may be able to assist in the provision of an adapted bicycle. Please be assured, that any information is treated in the strictest of confidence.

The instructors are accredited to the National Standard for Cycle Training, are trained in basic first aid and have DBS clearance.

At the end of the course, your child will receive a certificate showing which skills they have successfully demonstrated.

Bikes must be in a mechanically safe condition; ***please check your child's bike as we cannot make repairs.*** BMX bikes are allowed but both brakes must be fitted.

Weather conditions : Please make sure your child is properly dressed for the weather. We will aim to continue training in most weathers where safe to do so.

Conditions

1. If a trainee's behaviour endangers the safety of themselves or others, they will not be able to continue the course.
2. A helmet will cushion a blow to the head within the limits of its design standard. We very strongly recommend that your child wears a helmet. Please also check to see if your school has rules about wearing helmets.
3. Requests for a refund will be treated on an individual basis. We will not make refunds in the case of poor behaviour leading to removal from the course.