

BIKEABILITY PARENTAL CONSENT FORM

The Castle Point & Rochford School Sport Partnership

WHAT IS BIKEABILITY? Bikeability is the national cycle training programme supported and funded by the Department for Transport. Bikeability can not only help make children better cyclists - potentially for the rest of their lives – it can also help with general confidence and independent thinking. All of our Bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors. Visit www.bikeability.org.uk for more information on how to help prepare your child for the course.



Level 1 takes place in an off road environment and teaches riders how to control and master their bikes



Level 2 gives participants on-road experience in residential traffic to help them prepare to make short journeys by bicycle



Level 3 teaches individuals the skills to ride effectively on more complex roads and in further challenging traffic situations



COURSE INFORMATION	WHAT WILL YOUR CHILD NEED?
<p>Bikeability Level – Level 1 & 2 Combined All sessions take place 9.30am until 11.30am</p> <ul style="list-style-type: none"> Level 1 (playground) 4th November 2019 Level 2 (1st session) 6th November 2019 (road) Level 2 (2nd session) 7th November 2019 (road) Level 2 (3rd session) 8th November 2019 (road) 	<ul style="list-style-type: none"> A completed consent form. A roadworthy bike with two working brakes and without stabilisers. A helmet (not full face). Suitable clothing for the weather conditions.

IMPORTANT FURTHER INFORMATION FOR PARENTS :

The course starts in a playground or similar off-road environment and will progress to local roads. If your child doesn't reach the requirements in the Level 1 section of the course (**the ability to ride in a straight line whilst looking behind or riding with one hand**) they will not progress to Level 2 the road training part of the course.

The course aims to develop the children's confidence to cope with cycling in traffic with the minimum risk. It will only give your child a basic level of cycling competence on which they will need to build and should not be regarded as a guarantee of their safety.

It is essential that the children wear a cycle helmet (**not full face**), the bicycle is a suitable size, and in a roadworthy condition with two working brakes. A cycle inspection takes place during the first lesson, children with un-roadworthy cycles will not be able to continue.

Each child will be continually assessed and will either achieve a Level 1 or Level 2 certificate and badge depending on whether they are able to apply the outcomes being taught independently thus reaching the required standard. (These are available on request).

To benefit from Bikeability, **your child must attend every session** and practice what they have learnt after the course has finished. Bikeability skills and confidence will be lost without regular cycling. Bikeability encourages enthusiasm while building skills to cycle more safely, more often. Please support and encourage your child to continue cycling after training.

Bikeability places are limited and places will be booked on a first come basis.

FREE HALFORDS BIKE CHECK, DISCOUNT VOUCHER AND PRIZE DRAW

Below we show you how to safety check your bike, however why not also get a professional mechanic to check over your bike free of charge, through our exclusive partnership with Halfords, the nation's biggest cycling retailer? All you need to do, to receive some amazing incentives, is register at:

bikeability.org.uk/participants-hub

REGISTER NOW TO RECEIVE THE FOLLOWING FROM HALFORDS:

1. A free bike safety check by a trained mechanic at all stores nationwide.
2. A voucher with money off incentives (exclusive money off discounts for Bikeability participants and their families).
3. Entry into a prize draw to win a free Carrera kids bike.

Once registered you will receive an email confirming your free offers.

Pre-course bike safety check

Visit Halfords online safety check www.halfords.com/cycling/bike-maintenance/care-plans/free-bike-check

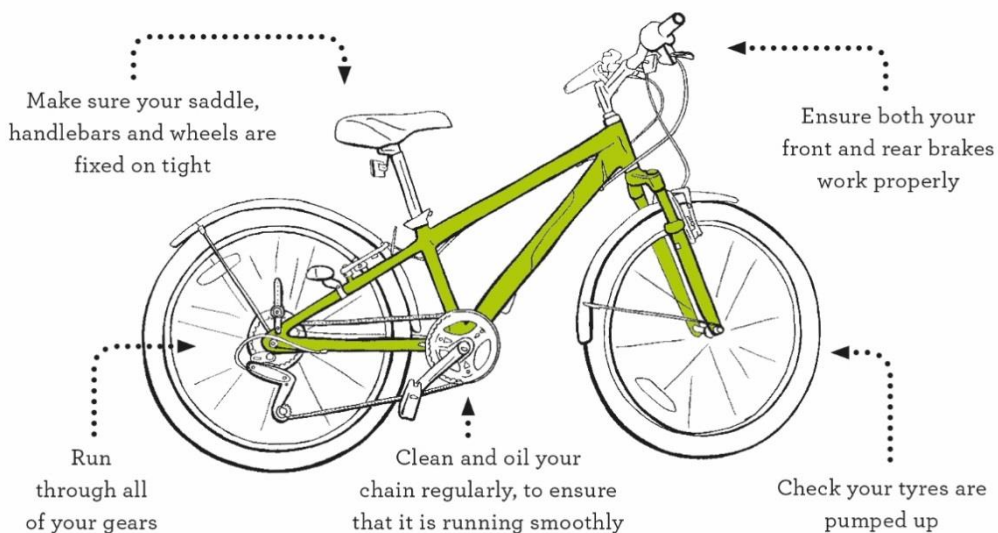
Remember your...

A
AIR

B
BRAKES

C
CHAIN

before every ride



www.bikeability.org.uk

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PARENT/ GUARDIAN – CONSENT FORM

Please read the following information before completing and returning the consent slip to your child's school.

1. I agree to my child taking part in cycle training.
2. My child can already ride without stabilisers and is confident in their riding ability.
3. The instructors may refuse to train my child if they deem their cycle to be un-roadworthy.
4. It remains my responsibility to ensure my child does not ride an un-roadworthy bike. If unsure I will seek the advice of a professional mechanic.
5. Instructors may at any time refuse to continue to train my child if their behaviour or cycling ability is deemed unsuitable.
6. Essex County Council/Castle Point and Rochford School Sport Partnership will not be responsible for any injury or liable for any loss or damage to participant's cycles and other belongings.
7. My child will wear a helmet, which I will provide and ensure it's an appropriate size and in good physical condition. (no full face helmets)
8. I consent to the Bikeability instructor adjusting my child's helmet if required, however I confirm they are not responsible for the physical condition, and may refuse to train my child if it is not in a suitable condition. .
9. I understand that pupil data collected will be used to support the delivery and monitoring of training sessions/courses.
See bikeability.org.uk/privacy-statement/ for further details.
10. I agree to encourage my child to practice between each session and after the completion of training.
11. I agree if my child does not reach the requirements in the Level 1 section of the course **(the ability to ride in a straight line whilst looking behind or riding with one hand)** they will not progress to Level 2 the road training part of the course.

Name of Child:	
School:	
School Year:	
Are there any medical/educational :	

I confirm that I have read the information contained on this sheet and consent to my child (or the above child for whom I take responsibility) to take cycling lessons and related activities, which includes riding on the public highway. Your information will be shared with the course instructors for the duration of the course and no other third parties. Personal information will be retained for the duration of eligibility for Bikeability services.

Signed (parent/guardian) :	Date:
e-mail:	Mobile Number: