Dear Parents/Carers,

Great news! We will be coming to your school to do Bikeability training with your children in year 6

Bikeability training will be delivered at 2 levels:

* The Bikeability Level 1 course helps children get more skilled and confident in riding their bikes in the playground and get them ready for cycling on the road. Riders MUST already be able to ride a bike - pedal and freewheel - to participate in this level.
* The Bikeability Level 2 course aims to improve riders' skills and confidence for cycling on smaller roads and simple junctions without too much traffic. It prepares riders for cycling on larger and busier roads and more complicated junctions. All the riders will have to show the instructors they can do everything at Bikeability Level 1 before they can go on the roads.

Your child(ren) will be taking part in Level 1 & Level 2.

Each child will require a roadworthy bike, a helmet, suitable clothing for spending up to 90 minutes riding a bike outside (eg. A shower-proof coat if it's going to rain, gloves if it is cold) and secure flat shoes/trainers, water, plus other personal requirements eg. Medication needs, sun cream, inhaler.

They must bring their bike to school on the day in a roadworthy condition which means both brakes are fully working, tyres are pumped up, gears (if present) operate as designed, the chain is properly lubricated.

Check [www.bikeability.org.uk/bikeability-training/get-ready](http://www.bikeability.org.uk/bikeability-training/get-ready/) for more details.

Bikeability is government-recognised, practical, and professional training, and we know that cyclists are more skilled and more confident once they have taken part.

**Covid-19:** All Bikeability Training providers must follow the guidance set out in the Bikeability Delivery Guides addendum, found [here](https://professionals.bikeability.org.uk/download/8844/).

Our training will take place at/around school on the following date(s):

**Date:** on Thursday 26th May and Friday 27th May

**Cost:**  Funded by the Department of Transport

Please complete the consent from and return to school no later than Tuesday 24th May

If you want to find out more about Bikeability visit [www.bikeability.org.uk](http://www.bikeability.org.uk).

Best Wishes,

DCLT