

## Level 2 Bikeability Cycle Training



Dear Parent / Carer,

Bikeability is designed to give people the skills and confidence to ride their bikes on today's roads. There are [three Bikeability levels](#), with each level designed to help improve cycling skills, no matter what they know already. This course covers Levels 1, and 2 taking trainees from the basics of balance and control through making a journey on quiet roads.

This practical and enjoyable training will-

- ✓ Help your child develop their skills and understanding as a safe road user.
- ✓ Help them to be physically active and safe as part of a healthy lifestyle.
- ✓ Help their personal development building self confidence and independence.

**If you would like them to take part please read through the following information.**


- **This course** is for children who can ride and have not already completed a Level 2 course. Riding means controlling the bike for about a minute without wobbling, being able to look behind and ride one handed. Pupils who can't demonstrate this will be encouraged to practise more away from traffic and re-book Level 2 training when they are ready.
- **Bikes** will be checked at the start of the course. Any which are not legal and roadworthy can't be used for training. **Instructors are not qualified or equipped to make repairs.** Use the checklist on the back of this letter to make sure that the bike is in suitable condition and is the right size for your child.
- **Training** begins in the playground then moves onto the roads near the school. Please support your child if you can by riding with them and practicing the Highway Code. Everyone who completes the course will get a certificate. Please read the individual comments and give supervision as required to help them continue gaining experience of roads and traffic.

The school's Special Educational Needs co-ordinator will tell us about any special needs, disabilities or medical conditions to help the Instructors give appropriate and safer training. Personal accident insurance is the responsibility of the individual.

**Please complete the reply slip attached and return it TO SCHOOL as soon as possible.**

We also offer Advanced Level 3 cycle training at Secondary Schools throughout the County. When your child moves please ask about this during Year 7.

The Road Safety Partnership, ,  
Gloucestershire County Council, Shire Hall, Gloucester, GL1 2TH.  
**Tel. Glos (01452) 425662** e-mail [roadsafety@gloucestershire.gov.uk](mailto:roadsafety@gloucestershire.gov.uk)

 **Data Protection Act 1998:** This information is being collected for the administration of the Gloucestershire Road Safety Partnership Cycle Training Scheme. If you have any query or concern regarding this please contact us in the Road Safety Partnership (01452) 425662.

**BIKE CHECK**

The “M” check is a quick and simple way to make sure a bike is safe, legal and roadworthy.

If you find anything faulty that you can't fix please take it to an expert at your local bike shop.

Illegal or unsafe bikes can't be used for training.



PART	CHECK	✓
<b>Front Tyre</b>	Press down hard on top of the tyre, if it's not firm pump it up	
	Check for worn tread and cracks, splits or bulges in the rubber	
<b>Front Wheel</b>	Spin to check the rim is true and nothing is rubbing. Check spokes aren't loose/broken	
	Check the hub turns freely but is not loose and the wheel nuts are tight.	
<b>Front Brake</b>	Push the bike firmly forwards with the front brake on, the wheel shouldn't turn.	
	Check that the blocks are in the right place, not rubbing and not badly worn.	
	Check the cable works smoothly and is not frayed or rusty.	
<b>Steering</b>	Check it turns freely but is not loose	
<b>Handlebars</b>	Hold the front wheel between your knees and check the bars can't be twisted around.	
	Can the cyclist reach the handlebars and operate brakes and gears easily?	
<b>Frame</b>	Is it cracked or twisted?	
<b>Chain</b>	The chain should be lightly oiled (not rusty).	
	When the pedals are turned it should run smoothly on the cogs without coming off	
<b>Saddle</b>	Is it straight and level? Is it loose?	
	Right height? Sitting with legs straight, both feet should touch the ground with heels raised.	
<b>Back Tyre</b>	Press down hard on top of the tyre, if it's not firm pump it up	
	Check for worn tread and cracks, splits or bulges in the rubber	
<b>Back Wheel</b>	Spin to check the rim is true and nothing is rubbing. Check spokes aren't loose/broken	
	Check the hub turns freely but is not loose and the wheel nuts are tight.	
<b>Back Brake</b>	Push the bike firmly forwards with the back brake on, the wheel shouldn't turn.	
	Check that the blocks are in the right place, not rubbing and not badly worn.	
	Check the cable works smoothly and is not frayed or rusty.	
<b>Gears</b>	If the bike has gears, please ensure that your child can change gear easily.	



**Bikeability Level 2 Training**

- I have read the above notes and agree to ensure that the bicycle used is in a roadworthy condition.
- I agree to .....(name of child) being considered for a place on the this training, and understand that some sessions will take place on the road.
- This child can ride their bike, controlling it for 1 minute, can look around and ride one handed.
- I agree to relevant special needs, disability or medical information being passed to Road Safety.

Signed..... Print name..... Date ...../...../.....  
(Parent or Carer)

**To be returned to the school-** The school should retain this form when it has been returned