

21.09.26

Dear Parents and Carers,

I am pleased to be able to let you know that we will be offering Bikeability courses to our Y6 children later this term. These courses take place over two days and will take place in October.

We currently have 24 places available but, in the event that more children than this are interested, we will be offering further courses later in the year. The cost of the course is £18 which will be payable on Arbor once we have confirmed that your child has a place.

If you would like your child to take part, please read the details below carefully (paying particular attention to the course suitability section at the end) and then book a place by following this link:

<https://consent.bikeability.org.uk/via-metal-less>

No money needs to be paid yet; we will ask for payment once we have confirmed that your child has a place on a course. All places will need to be booked by Friday 2nd October; it will not be possible to add any more children to the courses after this date.

Kind regards

Suzanne Brooke
Y5/6 Phase Leader

Information about Bikeability

Bikeability has been introduced by the DfT to help more young people cycle, more safely, more often. Bikeability provides students with the theoretical knowledge, practical skills, and confidence to cycle safely on today's roads. The course is a unique opportunity for students to gain a better understanding of how roads work. Evidence shows that cycle training improves spatial awareness and overall hazard perception skills.

The course trains riders to make independent decisions and practice safe and responsible cycling, through:

- To produce thinking cyclists with the basic skills to enable them to gain further experience as a wheeled road user.
- To promote cycling as an alternative, enjoyable and safe form of transport for young people which they will want to continue to adulthood.
- To help pupils understand the difference between riding and playing on a bike.
- To help pupils to identify faults on their bike which affect safety and understand the need to maintain their bike in a safe condition.
- To help pupils understand the benefits of protective equipment such as helmets, lights, bells, reflectors and high visibility clothing
- To help pupils -
 - Make good and frequent observations
 - Choose and maintaining the most suitable road positions
 - Communicate intentions clearly to others
 - Understand priorities on the road, particularly at junctions.

NYCC provides experienced, fully qualified, professional cycling Instructors who know the local traffic conditions. The roads used during the course are risk assessed by your local Road Safety Officer to ensure they are suitable for this training. When cycling on the road pupils will be fully supervised. High visibility jackets are provided.

Course structure

Bikeability Level 1 (Morning on the school playground)

Level 1 includes:

Helmet and bike check; cycling control skills; starting/stopping; manoeuvring at different speeds; looking behind then signalling left or right without wobbling; and correct use of gears.

If the outcomes are successfully completed, the trainee can progress to Level 2.

Western Primary School Cold Bath Road, Harrogate, North Yorkshire HG2 0NA
☎ 01423 502737 ✉ office@wes.rklt.co.uk www.westernps.co.uk
Headteacher: Mrs J Slack

 **Learning Trust Alliance Teacher Training Teaching School Hub**

Red Kite Learning Trust is a charitable company limited by guarantee registered in England and Wales.
Company number: 7523507. Registered office: Red Kite office, Pannal Ash Road, Harrogate, North Yorkshire HG2 9PH.
Our Privacy Notices can be found via www.rklt.co.uk/privacy-notices.

Bikeability Level 2 (One and a half days on local roads)

Level 2 is more advanced and includes:

starting and stopping on-road; passing parked cars; passing junctions; road and traffic awareness: road positioning; left and right turns from major and minor roads; decision making and hazard perception; understanding rights of way, road rules, road markings and road signs.

At the end of the course

There is no test with Bikeability. Levels are awarded when all outcomes are completed competently and confidently. All trainees will either receive a Level 1 or Level 2 badge and certificate / assessment report, plus a comprehensive booklet covering all the information learnt on the course.

Course suitability

- The ability to ride a cycle. Bikeability is not a course to learn how to cycle, rather it is a starting point for the life skill of safe and responsible on-road cycling.
- Therefore riders must be able to pedal / glide, and have the ability to balance when communicating with traffic.
- A roadworthy cycle. The checklist should be used to check a cycle prior to the course starting.
- A pupil will be unable to take part if the cycle is considered unsafe.
- An approved, well- fitting cycle helmet. Helmets should conform to standards -EN 1078.
- Damaged helmets, full-face motorbike style helmets, and helmets used for other sporting activities are not suitable.
- Suitable outdoor clothing for cycling. Depending on the weather and the time of year. (Comfortable, warm layered clothing, sensible footwear, coat, waterproofs, sun cream, water, medications).
- Gloves are highly recommended.