



Dear Parent/Carer

BIKEABILITY -Parent /Carer Consent Form

A practical cycle training course is to take place at school. Training will **not** be confined to the playground, but will take place on suitable public roads, under the supervision of trained instructors, following a well-established syllabus.

Cycle training is designed to develop road sense, an awareness of danger and to improve your child's ability to ride safely in traffic. It is not designed to teach a non-cyclist how to cycle and if you wish your child to take part, you should ensure that they have **good** balance and control before they embark on the course. Your child will need a bicycle in a safe, roadworthy condition in order to participate in the course.

The bicycle will be checked prior to the start of the course, to ensure it is safe. Please run through the attached checks prior to the course.

Cycle training is a school activity, and normal insurance cover will apply for the duration of the course. If you require further details of this insurance cover, contact the school.

If you wish your child to participate in this training course, please complete and sign the bottom of this form, and return it to school as soon as possible. For your child's safety, it is school policy to wear a properly fitted cycle helmet for the duration of the course. Helmets will be provided to those required.

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REPLY SLIP

I agree to my child (PLEASE PRINT NAME)in class
taking part in the cycle training course.

I accept responsibility for ensuring the bicycle used will be kept in a roadworthy condition for the duration of the course, and understand that a properly fitted cycle helmet is necessary for his/her safety.

I also accept that responsible behaviour on his/her part is necessary during the training sessions and that he / she may be excluded from the course if their behaviour is unacceptable.

(Tick if applicable)

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My child cannot ride a bicycle and I would like them to take part in appropriate cycle training.

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My child will need to borrow a bicycle from First Step Cycle.

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My child will need to borrow a cycle helmet from First Step Cycle.

Signed..... Date.....



Bicycle Checklist

- The bicycle must be in a clean and roadworthy condition and of a suitable size for the rider. If it is not, the trainee may be refused enrolment on the course. The bike should be checked prior to each journey and training session.
- Check that both front and back brakes work and the brake pads touch the wheel, not the tyre.
- It is a legal requirement to have two working sets of brakes.
- Check the rider can easily reach the brake levers.
- Check all cables to ensure they are not frayed or about to break.
- Check the bike isn't too big or too small for the rider. The rider's toes should be able to just touch the ground, when sitting on the saddle.
- Check that the seat and handlebars are not raised above their safe limits (there will be a marking showing on the seat or handlebar post).
- Check handlebar end caps are fitted.
- Check the wheels are fixed securely to the bike.
- Check if the tyres are worn or have bulges. Make sure they are pumped up hard, as there is less chance of a puncture.
- Check the handlebars turn smoothly and cannot be twisted out of line.
- Check the pedals spin freely.
- Check that all gears change easily and ensure chain is well oiled. .
- Only carry out adjustments or repairs if you know what to do. If you are unsure, take the bike to a bike shop.

Pre-course bike safety check

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

