



Long Sutton Primary School
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Headteacher: Miss S Gray

Friday 31st March 2023

Dear Parents / Carers,

Bikeability Sessions for the Upcoming Year 5 Cohort

During the next academic year, we have a very exciting opportunity where the upcoming cohort of Year 5 children are able to take part in the optional 'Bikeability' programme for free (funded by Lincolnshire County Council). Bikeability is the government's national cycle training programme. The scheme aims to inspire more children to cycle by equipping them with the skills and confidence to ride more. All training is delivered by Outspoken Training's qualified and DBS checked Instructors.

This course is suitable for riders who have mastered control of their cycle and are ready to learn how to ride independently on local roads. Unfortunately, it is not suitable for non-riders. Riders must demonstrate all Level 1 activities (see below) during the first session to progress to Level 2 for the remainder of the course. During the Level 2 part of the course, riders will be taken onto residential roads to experience 'real' road cycling. We highly recommend practicing these skills with your child before the course.

Level 1: Through fun, progressive games, pupils must demonstrate the following to progress onto on-road training:

- Pedal independently without stabilisers (this is not a learn to ride course)
- Apply brakes to bring the cycle to a smooth and quick stop
- Look behind over each shoulder while pedaling in a straight line
- Pedal one handed in a straight line (signal)
- Use gears (if present)
- Avoid hazards

Children will be organised into small groups and will receive two hours training per day, for four consecutive days. All participants will receive a badge, certificate and handbook on completion of the course. The Bikeability Level 2 training outcomes are to be learned and be confident in the following skills:

- Starting and stopping journeys
- Passing stationary vehicles
- Understanding road signals, signs and markings
- Negotiating junctions
- Sharing the road with others

This training will run from **Monday 11th September to Thursday 14th September 2023** and each child will be required to have their own roadworthy bicycle without stabilisers, a helmet and suitable clothing for cycling in all weather conditions. Please find a copy of the Cycle and Helmet Checklist attached to ensure your child's bicycle will be safe to use. Many local bike shops offer free cycle checks for Bikability participants.

We are aware that there may be difficulty transporting bicycles back and forth to school each day, therefore, children will be able to leave them in classrooms overnight. On arrival at school each morning, children will then move their bicycle to the school's bike shed.

If your child would like to participate in this fantastic offer, please fill out the Bikeability consent form and return it to school via your child's current class teacher by **Friday 21st April 2023**.

For any more information about the programme, please do not hesitate to contact the school office, Miss Hannam or visit www.outspokentraining.co.uk/parental-information/

Kind regards,

Miss Hannam
(PE Lead)

Cycle & Helmet Checklist

Please check your child's cycle before the start of the course. If the bicycle is not roadworthy, pupils won't be able to participate in the course. Faults are often easily fixed but occasionally a new part from a bike shop is required so please check your child's cycle well in advance.

Cycle Checklist

Please tick off the cycle checks below:

1. MECHANICAL CONDITION:

Are the saddle, handlebars and wheel fixed on tight?

2. FRAME & SEAT POST:

Is the frame the appropriate size for your child?

Can your child comfortably touch the floor with their toes whilst sat on the saddle?

3. BRAKES:

Does the cycle have a working front and rear brake capable of stopping the cycle?

Can your child comfortably reach and operate the brake levers?

4. TYRES:

Are both tyres inflated to the required tyre pressure stamped on the side of the tyre?

5. CHAIN:

Have you cleaned and oiled the chain?

6. GEARS:

If present, do the gears change smoothly without any delays?