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Welcome to Bikeability !

Confident cycling is a skill for life that opens up a world of opportunity whether it is commuting to school, out for a family bike ride, keeping fit or just hanging out with friends. Budding cyclists have put their trust in Bikeability, gaining the confidence they need to take to the roads, what's more, they've had fun too!

Schools have trusted us for years to deliver a programme of cycle training and your child's school will be running free level one and two Bikeability Courses on the following dates (If more than one session is offered, your school will contact you with the session your child will be attending):

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| SCHOOL: GRAND AVENUE SCHOOL DATES: w/c 9/10/23 AM & PM & w/c 16/10/23 PM ONLY |
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Your child will have three, two hour, Bikeability sessions:

Session one is **Bikeability Level 1** and will be in the playground where your child will learn how to:

- Maintain their cycle: make sure it is in tip-top condition and make simple repairs
- Bike control: including setting off, slowing down, braking, signalling and stopping.
- Being aware of surroundings: looking behind and turning around obstacles.

Session two and three are **Bikeability Level 2** and can feel like the biggest step for both you and your child, it's "real" cycling on actual local roads with moderate traffic, but with our expert instructors on hand, your child will feel confident and safe in no time at all. They will learn how to:

- Start and stop with confidence
- Pass stationary vehicles parked on a road
- Understand the road: signals, signs and road markings
- Negotiate the road: including junctions, crossroads and roundabouts
- Share the road with other vehicles

Places are limited, so in order to register your child please read the conditions on the following page **before** completing our on-line [Registration Form](#) (or type bit.ly/Level1and2 in your web browser). **We suggest you book early to avoid disappointment.**

Our instructors are looking forward to meeting your child!

Yours sincerely



Eric Chasseray



Sustainable Transport Officer, Cycle Training

Bikeability Level 1 & Level 2 Course

Conditions for Parents:

This course is only suitable for children in Year 5 or above at the time of booking.

They must live or attend a school in the Borough.

Children must be able to ride a cycle, independently with reasonable control skills.

Before the course:

Cycles

All cycles need to be in tip-top, road-worthy condition before starting on your course. We like to call them the 'ABCDs' of cycle maintenance. If you can answer yes to the ABCDs you are good to go!:

- AIR – Have your tyres got enough air?
- BRAKES – Do the front and back brakes work properly?
- CHAIN – Have you oiled it recently?
- DIRECTION – Are your handlebars fixed on tight? Is your seat tight and pointing forward?

Lots of first-time cyclists need a helping hand with this so don't worry, you are not alone. Just take your cycle to a local shop.

Helmets

You must provide an **approved cycling helmet** and must ensure that the helmet fits correctly:

- Match your child's head size to the size of the helmet.
- Your helmet should sit on top of your head, not too tight or too loose, with the peak sitting about two fingers width above your eyebrows.
- The side adjusters should sit below your ears and form a nice V on the side of your head. The chin strap should allow for two fingers to fit between it and your chin.

Clothing

Sports kit is perfect for bikeability, we will go out if it is rain or shine so be sure to check the weather and be **appropriately dressed** for the weather conditions during the training. It is suggested that a waterproof coat is worn if it is raining and sunscreen if it is hot and sunny. A water bottle is advisable.

And, Finally

All participants will receive a **Bikeability certificate, badge and booklet**. Bikeability awards recognise every rider's progression during the course. Feedback will be provided to parents/carers on the certificate with clear information about riders' cycling abilities. Please support and encourage your child to continue cycling after their training.

Riders must demonstrate competent cycle control skills to progress to on-road training. If your child doesn't demonstrate these skills competently, consistently and confidently, we recommend they continue to practise and attend a future course.



To learn more about Bikeability log on to www.bikeability.org.uk