

Bikeability Training – Year 6

Chesterfield based company Wheely Fun Wheels has been commissioned by Bolsover School Sport Partnership to provide Bikeability training at our school. All instructors are qualified National Standard Cycling Instructors, have CRB checks, insurance and first aid certificates. All instructors are long term regular cyclists too. www.wheelyfunwheels.co.uk 01246 520820

What will the children be doing?

Initial session ...

Safety check all bikes and helmets. The instructors will use the recognised 'M' check procedure to make sure bikes are suitable for training. Simple faults may be fixed by the instructors.

Perform an assessment of their basic handling skills in the school grounds. Occasionally instructors may decide it is not appropriate for a child to continue past this Level 1 stage.

Subsequent sessions ...

Briefly check all bikes again.

We will be out riding on local roads where we will be practicing road positioning, observation and safe maneuvering.

What will the children need?

An ability to ride their bike unaided in a straight line and round corners. It is not 'learn to ride a bike' training.

A working bike which must have TWO working brakes.

A CE marked helmet, a motorcycle type full face helmet is not acceptable. We can supply helmets during training if required (see consent form below).

What can you do to help?

Please talk to us or the school if you have any questions, or concerns.

Make sure that they're comfortable on the bike that they're riding. Sometimes a brand new bike doesn't help with on-road confidence.

Help them practice basic skills, such as riding slowly in a straight line, being able to look over their right shoulder (without wobbling) and riding whilst indicating (left and right arm). Just twenty minutes a week will help enormously.

Make sure that they have a waterproof jacket with them for all sessions. Gloves and warm layers are also essential for all sessions before June/July.

Where can I get further information?

For more information on Bikeability, have a look at www.bikeability.org.uk

Dates of training will be announced shortly

If you would like your child to take part please complete the consent form below and return to school as soon as possible.

I give permission for my child _____ Class _____

to take part in the Bikeability Level 2 training. My child will need to borrow a helmet YES / NO

We may be able to provide up to 2 bicycles per group but prefer a child to ride their own, if you would like your child to take part and are unable to get a bicycle to school please indicate here:

My child has their own bicycle / My child would like to borrow a bicycle

Signed _____ Parent/Carer Date _____