

Newchurch Community Primary School
Glebeland
Culcheth
Warrington
WA3 4DX



Telephone: 01925 763427
Fax: 01925 766045
www.newchurchprimary.co.uk
Email: newchurch_primary@sch.warrington.gov.uk

Headteacher: Mrs J Narraway

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Dear Parents/Carers,

We have been given the excellent opportunity to provide funded Bikeability Training to our children in Y5. This will be week commencing Monday 15th November. This safe, structured and standardised programme is designed to make your child a more competent cyclist and prepare them for cycling on road.

In order to secure your child's place on this course, please make sure you read and complete the Bikeright consent electronic booking form: <https://bikeright.co.uk/events/c2b08fee-78f1-4324-95e5-1469058aa8d4/> We will also send this link out via text message. **The form needs to be completed by Wednesday 10th November to enable us to provide the information to the instructors and allocate groups.**

Training will be carried out by BikeRight and will be delivered by fully accredited National Standard cycling instructors with enhanced DBS checks. Training will be carried out in groups of six and children will be allocated a group and a specific day for their training. You will be notified of this information by text message closer to the start of the course to enable you to ensure that your child has their bike and equipment in school on that day.

The following information is provided by BikeRight and aims to answer any questions you may have.

Bikeability is the nationally recognised cycle training programme. It's about acquiring the practical skills to cycle safely and with confidence on today's roads. For children to participate in school Bikeability training, they must have basic riding skills (without stabilisers).

There are three Bikeability levels and Year 5 will be completing Level 1 and 2.

Level 1 is designed to give your child control over his / her bike and takes place in small groups in a space away from traffic such as a playground or closed car park. Covid guidelines will apply as part of the risk assessment to keep everyone safe.

Level 2 will ensure your child is prepared for short journeys such as cycling Training takes place in small groups on quiet, local streets, giving trainees a experience.

Level 3 is recommended for older children and adults. Trainees are equipped for more challenging roads and traffic situations. Training is delivered one-groups of up to three so can be tailored to a trainee's individual needs. Route planning is also covered, making this ideal for getting advice on and then practicing a school or work commute.



to school.
real cycling

with skills needed
to-one or in



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What does my child need to take part in Bikeability?

Your child needs to be in school on their allocated day with their bike. In terms of equipment, your child will need a bike which is in a roadworthy condition, the right size for them, have pumped up tyres and two working brakes. Instructors will show children how to check their bikes at the start of the first session and will ensure that your child's bike is safe for training purposes. BMX bikes are permitted in most circumstances so long as the bike has two working brakes and has not been adapted to the extent that it is no longer suitable for use on the road. The instructors will have the final say on whether your child's bike is safe for them to complete the training on, but allowances will be made wherever possible.

What should my child wear to take part in Bikeability?

The children will not be required to wear school uniform and your child should wear clothes suitable for the season and weather. Excessively loose clothes may be hazardous and should be avoided. In colder months, warm layers and gloves are recommended. High visibility tabards will be provided by BikeRight!

Does my child need a cycle helmet?

Yes, all children taking part in Bikeability need to wear a cycle helmet.

What will my child receive on completion of Bikeability training?

Children who successfully complete Bikeability training are awarded a badge, booklet and certificate.

My child did not complete the Bikeability training what happens now?

Your child will be given some feedback from their instructor on areas that need a bit more work. It is recommended that you discuss these with your child so that they can be clear on how they can improve their skills and confidence. You might be able to help your child practice these areas, or you might want to sign them up for further free training or holiday courses. Check out the BikeRight! website www.bikeright.co.uk for details.

My child has completed Level 2 what next?

Bikeability is the gateway to all kinds of fun experiences by bike – the training is just the start! If your child is interested in cycling and wants to do more, they might want to join a local cycling club for BMXing, mountain biking or racing. Bikeability instructors can provide advice on which groups are good for junior members and beginners. A great way to practice the Bikeability training your child has received is to try cycling as a family or let them cycle independently to school or the local shops.

Is there free cycle training available for adults?

Yes, many councils offer free individual or group training for adults and this can be a great way to understand better what your child has been taught and support them towards independent cycling. See the BikeRight! website for details www.bikeright.co.uk

If you have any further questions, please contact the school office and they will advise.

With kindest regards,



Mrs J Narraway

Head Teacher

www.bikeright.co.uk



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