



Bikeability Cycle Training

Dear Parent/Carer

Bikeability Level 1 & 2 Cycle Training is coming to our school on:

- **18th, 19th, 20th, 21st & 22nd November 2024** – *Bikeability is delivered in small groups throughout these dates. Pupils are allocated a day that they will be taking part close to the course start date.*

What is Bikeability? Bikeability is the National Standard for Cycle Training, supported and funded by the Department for Transport. The skills your child will learn will help boost confidence and independent thinking, helping them to be a safer road user. Learning the rules of the road when young is a real boost to confidence and a very positive experience of true travel independence. So, whether your child cycles regularly or not, the course will prove beneficial. The course is delivered by Telford & Wrekin Council's qualified, professional, DBS checked Bikeability Team. Visit www.bikeability.org.uk for more information.





Level 1 takes place on the school playground. Children are taught how to check their cycle is ready for a journey, how to safely set off, slow down, stop safely and control their cycle. Once this is completed children will have achieved their **Bikeability Level 1**.



Level 2 follows Level 1 and takes place on quiet roads close to school and teaches children how to share the road and communicate with other road users. Pupils learn how to negotiate junctions – pass side roads and turn at T-junctions as well as understanding signals and road markings. These are essential skills to help children identify and respond to hazards whilst cycling safely and responsibly. All who complete the course are awarded **Bikeability Level 2**.

How do I sign up? Please use the link or QR code below to sign up.

<p>Click here to register your child</p>	<p>Or use the QR code</p> 	
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Cycles and helmets are available to hire free of charge if pupils don't have access to a roadworthy cycle. There is the option to indicate if you would like to hire a cycle when you sign up.

Adapted cycles (trike, tandem or hand cycle) are also available so please speak to your school if one of these is needed for your child to take part.