



Elizabeth II Court  
The Castle  
Winchester  
Hampshire  
SO23 8UG

participation.lifelong.learning@hants.gov.uk  
<https://www.hants.gov.uk/educationandlearning/participation-lifelong-learning>

Bikeability training date:  
Wednesday 15<sup>th</sup> – Friday 17<sup>th</sup> January 2025  
9 – 11am daily

Dear Parent / Guardian,

Hampshire Outdoors would like to offer your child the opportunity to take part in Bikeability training. This is the national cycle training programme supported and funded by the Department for Transport. The training has three levels; Level 1 which is based on the playground and builds confidence in children who can already ride a bike, Level 2 which teaches children to cycle on local roads and Level 3 which uses more challenging roads. We will be delivering Level 2 Bikeability with the children during their school day with the main aim being that they will be able to make a short journey in a safer manner and be more aware of road safety issues.

Bikeability builds confidence with cycling and helps with independent thinking and decision making. All our Bikeability training is delivered by qualified, professional, DBS checked, National Standard Instructors.

It is important that children learn to ride of their own bike so that they gain confidence to ride outside of the sessions and use cycling as an active way to travel. Each child will need a fully operational bike with two working brakes and a cycle helmet. If they **do not have access** to a helmet or bike please let your school know and we will endeavour to make the necessary provisions. A thorough bike and helmet check takes place during the first session, where any necessary adjustments are made to ensure that the equipment is suitable for the participants. Students are then encouraged to independently do these checks throughout the training week, although this is over-seen by qualified instructors. Hi-Vis jackets will be provided to all children during the on-road training.

Please use the following link in preparation for the training to complete some of these checks with your child <https://www.bikeability.org.uk/get-cycling/cycle-training-for-children/>. Checks include that their tyres have enough **air** in them, their **brakes** are working as they should, their **chain** flows effectively and isn't rusty, and the handlebars are fixed on tight and turn the bike in the intended **direction**. If you feel the bike needs maintenance, then take it to a local bike shop who will certainly be able to help!

At the end of the training the children will be given a certificate confirming they have completed the course and acknowledges the ability level that they are working at for the different outcomes; ***independently, with more practice, with some assistance or not yet attempted.***

If you would like your child to participate in the training then please could complete the attached permission slip and return to your school as soon as possible in order that we can ensure every child is provided for. **Please return completed form by Thursday 19<sup>th</sup> December at the latest.**

If your child is not able to ride a bike then they can participate with the group on the first day on the playground, although unfortunately our instructors are not able to support them for the rest of the week. Please contact the school to discuss what provision might be available for them during this time.

Should you have any questions please do not hesitate to contact me via your school.

Yours sincerely,

The Bikeability Team, Hampshire Outdoors

Office Telephone: 01962 876218

Email: [bikeability.enquiries@hants.gov.uk](mailto:bikeability.enquiries@hants.gov.uk)

**Please return this form to your school representative / class teacher**

Bikeability training date:

**Wednesday 15<sup>th</sup> – Friday 17<sup>th</sup> January 2025**

Student name: .....

Class: .....

*Please put a tick in the appropriate boxes below;*

|   |  |
|---|--|
| <b>Current cycling level</b>  |  |
| 1. My child cannot ride a bike at present   |  |
| 2. My child has some experience at riding a bike and can pedal without support for at least 10m |  |
| 3. My child is confident at riding a bike   |  |
| <b>Equipment needs</b>  |  |
| My child has a bike in good working order   |  |
| My child will need to borrow a bike   |  |
| My child will need to borrow a helmet   |  |

Please use the box below for any additional relevant information including medical needs that the Bikeability instructor will need to be aware of during the training.

I give permission for my child to take part in the Bikeability training and allow for relevant adjustments to be made to their bike and/or helmet where considered necessary.

Signed Parent / Guardian: .....

Date: .....