





# Bikeability Level 2 Cycle Training

### Cycling Proficiency for the 21<sup>st</sup> century

#### What is Bikeability Level 2?

At East Sussex County Council we deliver a combined Level 1 & Level 2 Bikeability course aimed at children that can already ride their bike. The Level 2 course develops your skills and confidence for cycling on single lane roads with simple junctions and mostly moderate traffic. During the training you learn how to make independent decisions and cycle safely and responsibility.

For further information regarding Bikeability please visit <u>www.bikeability.org.uk</u>

Please note children taking part in Bikeability level 2 <u>must</u> be able to ride a bike.

On the first day all riders need to demonstrate confident and consistent cycling on the playground before being able to continue the rest of the week to the on road part of the course.

#### How much will it cost?

The course will cost only £20.00 Level 2 is free to children claiming free school meals. Maximum of 12 children per course.

#### What should I do next?

• Complete the consent letter and return the form with payment to the Teacher or school office

#### What do I need to have for my child to take part?

- A safe working bike with two working brakes (All bikes will be checked for safety at the start of the course)
- A correctly fitted helmet
- Suitable clothing for weather on the day (i.e: Lightweight waterproofs if wet and gloves if cold)
- Sun cream to protect from sunburn
- Sensible footwear

Did You Know....... Schools are able to use their Sports Premium to fund Bikeability training.

#### The Bikeability Club

Go online at <u>www.bikeability.org.uk</u> to join the Bikeability Club, for lots of extras including: how to get a free cycle check before training, and chances to win a new cycle! There is also additional help and resources for your family to continue your cycling journey after Bikeability.

: cycle.training@eastsussex.gov.u.

East Sussex Cycle Training

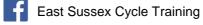






## **BIKEABILITY LEVEL 2 - CONSENT FORM**

Cycling Proficiency for the 21<sup>st</sup> Century



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