



# 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 responsibly.

For further information regarding Bikeability please visit [www.bikeability.org.uk](http://www.bikeability.org.uk)

Please note children taking part in Bikeability level 2 must 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 [www.bikeability.org.uk](http://www.bikeability.org.uk) 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.

Email: [cycle.training@eastsussex.gov.uk](mailto:cycle.training@eastsussex.gov.uk)



East Sussex Cycle Training



## BIKEABILITY LEVEL 2 - CONSENT FORM

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

School: .....

Date Course commences:..... Course Times: ... ..

Monday – riding on the playground

Tuesday to Friday - riding on-road

Days spent on -road may be reduced if numbers on the course are lower than the maximum of 12 per course.

Please return the signed consent form to the school to confirm your booking

Cost £20.00

Payment for the course: PLEASE MAKE CHEQUES PAYABLE TO YOUR SCHOOL

My child is eligible for free school meals (please circle) Yes No

Child's Name: ..... Class: .....

Parent/Guardian's Name: .....

Contact Number/Email address: .....

☐ I understand instructors are not responsible for any injury or liable for any loss or damage to participants' cycles and other belongings.

☐ I agree for my child to have photos taken for media promotion of the event

☐ My Child is able to ride a bike

☐ I can confirm that I am happy for mine and my child's personal data to be processed in line with terms set out in the Privacy Notice (visit the below link or ask your school for a copy).

[www.eastsussex.gov.uk/privacy/cycle-training/](http://www.eastsussex.gov.uk/privacy/cycle-training/)

☐ I give permission for my child to take part and that she/he will use a bike in roadworthy condition and wear a cycle helmet.

Please let us know if your child has any special requirements (medical or behavioural) that the cycle trainers will need to be made aware of, or that may have an impact on their cycling ability.

Please provide details below including any medication that your child may require during the course:

.....  
.....

**PLEASE NOTE CYCLE TRAINERS HOLD EMERGENCY FIRST AID AT WORK QUALIFICATIONS BUT ARE NOT TRAINED TO ADMINISTER MEDICATION; OTHER ARRANGEMENTS WILL HAVE TO BE MADE VIA THE SCHOOL**

Signed: ..... (Parent/Guardian)

Date: .....

email: [cycle.training@eastsussex.gov.uk](mailto:cycle.training@eastsussex.gov.uk)

