

Bikeability 2

WHAT IS BIKEABILITY? Bikeability is the national cycle training programme supported by the Department for Transport. Bikeability can not only make children better cyclists - potentially for the rest of their lives - but can help with general confidence and independent thinking. All Bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors. Visit www.bikeability.org.uk for more information. All children wanting to participate on the level 2 course will participate in the level 1 course where skills are checked and developed before going out on the road.

Your child will learn to look behind and signal during the course. If your child struggles to lift their hand from the handlebars, please could you find some time to practise this with them before the course if possible so they will feel more confident. Contact us if you'd like some tips. However we will make adjustments to your child's learning if they are not yet there with this skill, so that they achieve most of the Bikeability 2 outcomes.

To benefit from Bikeability, your child should practice what they learn after training. Bikeability skills and confidence will be lost without regular cycling. Bikeability engenders enthusiasm while building skills and confidence to cycle more safely, more often. Please support and encourage your child to continue cycling after training.



Level 1 takes place in an off road environment and teaches riders how to control and master their bikes



Level 2 gives participants on-road experience in residential traffic to help them prepare to make short journeys by bicycle



Level 3 teaches individuals the skills to ride effectively on more complex roads and in further challenging traffic situations



COURSE INFORMATION

Date: Thursday 4th April—Friday 5th April

Time: 10.00am-2.00pm

Course Start Place: Community Area, Nr St Johns School, Cunningham Road, TN4 9EW

Note: parking is limited so please park where you can and walk down to the meeting point at the end of Cunningham Road

Course End Place: Newlands Way TN4 9AN

Cost: £60

WHAT WILL YOUR CHILD NEED?

- A complete consent form (see How to Book below)
- A suitable fitting roadworthy bike (see checklist below)
- A British Standard approved helmet (see below)
- Suitable sports clothing for the weather conditions.
- A light packed lunch, and a bottle of water in a **small** backpack which your child will need to carry.
- Waterproofs if rain forecasted, suncream if hot sunny weather.

Please note that whilst every effort is made to complete the course, ability, weather and any technical hitches with bikes can hamper progress.

HOW TO BOOK. Please continue reading and then click <https://form.jotform.com/220542448745357> to complete the online booking form

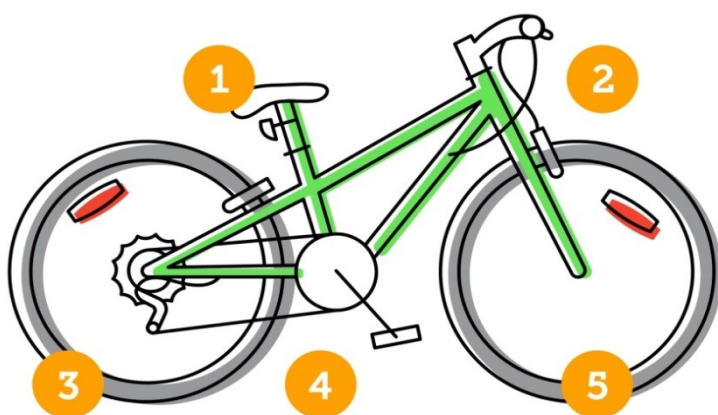
PAYMENT: Please set up a bank transfer to Santander CYCLESAFE/DMLOMAS 09-06-66 42572542 and put your child's name as the reference

GET READY

Before the course it is really important to have a few things sorted including:

Bike - make sure you check that your child's bike is in good working order, (see bike check below), and not too small or large for them to manage. If you need to take it to a bike shop before-hand, don't leave it to the last minute!

PRE-COURSE BIKE SAFETY CHECK



- 1 Make sure your saddle, handlebars and wheels are fixed on tight
- 2 Ensure both your front and rear brakes work properly
- 3 Run through all of your gears
- 4 Clean and oil your chain regularly
- 5 Check your tyres are pumped up

REMEMBER YOUR



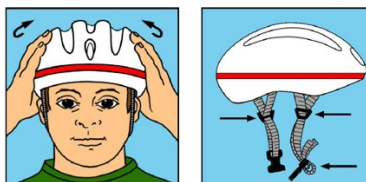
AIR BRAKES CHAIN

BEFORE EVERY RIDE

Helmet - Your child's helmet should sit on top of their head comfortably, (not too tight or too loose), with the peak sitting about two fingers width from your eyebrows. The side adjusters should sit just below their ears forming a nice V on the side of their head, and the chin strap should allow for two fingers to fit between it and their chin.



Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

Clothing - Comfortable sports clothing suitable for the weather conditions including trainers are best for cycle training. On cold or wet days, make sure that they bring an extra thin layer, rain jacket coat and gloves. On warm sunny days please supply your child with suncream.