



Cambridgeshire
County Council

Britannia House
19-21 Godesdone Road
Cambridge, CB5 8HR
01223 473820
team@outspokentraining.co.uk
www.outspokentraining.co.uk



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Dear Parent/Guardian

FREE CYCLE TRAINING COURSE - BIKEABILITY Level 1

During the academic year 2014-15, your child will have the opportunity to take part in a free practical cycle training course designed to teach the skills necessary to ride safely and confidently. The 'Bikeability' course is the Cycling Proficiency for the 21st century. Training will take place in the school playground and is delivered by qualified Bikeability instructors. **Please note that this course is not suitable for complete beginners.**

Your child will use his/her own bike, and it must be of a roadworthy standard. Please read the information enclosed on how to check whether your child's bike is in good condition, or take the bike to a bicycle shop to be checked. The bicycle will be checked by an instructor at the start of the course. You will be notified if any faults are found and this may have an impact on whether your child can continue on the course. Our instructors will not change any parts on the bike.

Please complete and return the consent form promptly to confirm your child's place on the course. If numbers are limited, places will be allocated on a first come, first served basis.

Please ensure that your child brings a helmet as it is school policy for children to wear one for the duration of the course. Your child will not be allowed to participate without one.

The date for cycle training will be Friday 27th March, 2015. The course is run on one day.

Please fill in the enclosed Outspoken consent form to enable your child to take part. At the end of the course your child will receive a certificate and a badge showing the Bikeability Level he/she has attained.

Yours faithfully,

Miss A.E. O'Connor

Bikeability Level 1 & 2 Consent Form

Please read the following information before completing and returning the consent slip at the bottom of the page to school.

I understand that:

- i) The instructors may refuse to train my child if they deem his/her bike to be unroadworthy (instructors may make minor adjustments but won't fixed faults or replace parts),
- ii) It remains my responsibility to make sure that my child does not ride an unroadworthy bike and if I am in doubt as to whether a bike is roadworthy I should seek the advice of a professional mechanic, and
- iii) The instructors may at any time refuse to continue to train my child if his/her behaviour or ability level is deemed to be unsuitable.

I understand that Outspoken Training is not responsible for any injury or any loss or damage to which is not caused by an instructor's negligence.

I also understand that it is School policy for my child to wear a helmet at all times whilst cycling and that I must provide my child with a helmet to wear. I understand that Outspoken Training will not be held liable for the results of any injury which it is later established may have been caused by the wearing of a helmet. The instructor will advise on the fit of the helmet but will not necessarily be able to judge from its appearance if it is in good condition.

I recognise that having participated in off road training does not necessarily mean that it is safe for my child to ride a bicycle independently. To become a proficient cyclist takes more practice than lessons of this kind can provide.

I understand that photography may take place solely for the purpose of advertising for Outspoken Training.

Please complete and return the consent slip below to school.



Full Name of Child (in capitals): _____

School: _____ School Year: _____

Medical Conditions or Educational Needs (eg asthma, allergies, learning needs, etc):

If you would prefer your child not to be photographed, please tick here:

☐

I confirm that I have read all the information within and consent to my child (or the above child for whom I take responsibility) to take lessons in safe, effective cycling and related activities, which may include cycle maintenance.

Signed: _____ (parent/guardian) Date: _____



Bike Check Notes

Parents should check their child's cycle before the start of the course. If, in the opinion of the instructor, the cycle is not roadworthy, pupils will not be allowed on the course. Faults are often easily put right but occasionally a new part is required. We would therefore like to draw your attention to the following:

FITTING

Check that the frame fits the child and that the saddle and handlebars are at a comfortable height. Adjust both these at intervals as the child grows.

SADDLE HEIGHT:

With the pedal at its lowest point (see picture), place heel on the pedal. The leg should be straight.

REACH: Cyclists should feel balanced on their bikes. Not stretching too far forward yet not too close to their handlebars. The rider should be able to comfortably reach and operate the brake levers on the handlebars.

HANDLEBAR HEIGHT:

The lower the handlebars, the more weight goes forward and vice versa. The angle of the saddle has a similar effect.



Check List		Checked?
MECHANICAL CONDITION	A mechanically sound cycle is a safe cycle. Make sure that all parts are in good repair and there are no parts are loose.	☐
WHEELS AND TYRES	Tyres must be inflated to the correct pressure which is usually stamped into the moulding of the tyre wall. As on cars, worn tyres can cause punctures. Tyres must have a reasonable amount of tread and there should be no bald patches. The side walls should have no splits or bulges. Wheels should have no cracks or broken spokes; quick releases levers and bolts should be closed tightly.	☐
BRAKES	Cycles must have two working brakes which must stop the cycle. Brake blocks and cables should be in good condition and brake levers adjusted so that they can be operated with the minimum amount of pull. If the levers touch the handlebars in the 'on' position, the cables are too slack. Levers should be so placed that the child's fingers curve easily around them whilst the palm of the hand is on the grips. There is a variety of levers available, be sure that the ones fitted are suitable for your child.	☐
CHAIN	Should be oiled, the correct size for the cycle and have no stiff links.	☐
SADDLE AND SEAT POST	Saddle not loose, must be straight, roughly horizontal and at the correct height for the rider. Seat post not loose or over maximum limit.	☐
BEING SEEN	It is important that both the cycle and the rider can be seen by other road users. Cycles must always have at least a red rear reflector and if your child intends to ride in the dark or in poor weather conditions, then they must also have lights. The use of high visibility fluorescent and reflective garments is strongly recommended. During the on road course pupils will be provided with a fluorescent safety tabard.	☐
BELL	We suggest that a bell or alternative warning device is fitted. The correct position is on the left of the handlebar within easy reach of the grip.	☐
HELMETS	Helmets must conform to BS EN 1078:1997 or equivalent.	☐