

Bikeability

LEVEL 2

GREEN



Parent Information & Consent Form



ROAD



Bikeability Level 2 is a FREE cycling multiple day course and is suitable for children who have completed Level 1 or have demonstrated that they have Level 1 skills. This is a national scheme funded by the Department for Transport delivered by Qualified Instructors (DBS checked).

During Level 2 training, children get out on the roads to gain a real cycling experience so they can deal with traffic on short journeys such as cycling to school. Participants will gain a comprehensive knowledge of positioning, signalling, negotiating a variety of junctions and general road safety awareness. It's all about keeping them safe. Those who achieve all the outcomes will be awarded a Bikeability Level 2 badge and certificate.

For further information on Bikeability Levels 1, 2 & 3 check out www.bikeability.org.uk or www.cyclist-training.co.uk

Children start Bikeability Level 2 once they have learnt to ride and can control their bike. If your child wants to learn to cycle or control their bike, please talk to us or the class teacher direct for advice.

To take part in Bikeability Level 2 your child needs:

- ★ **Parental Consent**
- ★ **A road worthy bike** (CTL also recommend a helmet but in the event of not owning one we would not prevent them from taking part with your signed permission)
- ★ **Suitable outdoor clothing**

Check List

ONE - CYCLE SIZE

Your child should be able to sit comfortably on the cycle with the balls of both feet on the ground. They should be able to reach handlebars and brakes without stretching.

TWO - BRAKES

Try front and back brakes separately. Check regularly that they stop the bike, are not sticking, the cables are not frayed and that the brake blocks are not worn.

THREE - WHEELS & TYRES

Replace buckled wheels. Both tyres should be pumped up and checked regularly for excessive wear. Look for worn tread, cracks or bulges.

FOUR - CHAIN

Check that the chain is not too loose or too tight. It should be lightly oiled.

FIVE - SADDLE & HANDLEBARS

Nothing should be loose, they should be adjusted to the correct height for the child and the safety mark should not be visible.

SIX - NUTS & BOLTS

Check wheels, handlebars, saddle, pedals, mud-guards and any accessories are properly secured.

SEVEN - REFLECTORS & LIGHTS

Cycles should clearly display a white reflector at the front and a red reflector at the rear when cycling. However, when cycling in the dark, a front (white) and rear (red) light must be fitted including a rear reflector.



Parent Consent Form

Child's name:

School:

I will provide my child with a suitable bike.

My child be wearing a helmet? **Yes / No**
(helmets compulsory in Stockport Borough Council)

Parent / Guardian name:

Telephone number:

Signature:

Child's Medical/SEN/Learning information:

Date:

CTL also provide a range of out of school activities and bespoke cycling sessions for children, young people and adults. For more information call **01785 818193** or check out **www.cyclist-training.co.uk**

Under the Data Protection Act 1998, we have a legal duty to protect any personal information we collect from you. We will only use personal information you supply to us for the reason that you provide it for. We will not pass your information to any other parties.

PHOTOGRAPHIC PERMISSION

We need your permission before we take or use any photographs of your child. Cyclist Training Ltd will only take photographs / video recordings of your child for promotional purposes only.

MAY WE...

1. Use your child's printed image in the local press or CTL / Council promotional publications?

YES / NO

2. Use your child's image or video on Council / CTL website and social media?

YES / NO

We will not include details or full names of any person in an image.



T. 01785 818193
www.cyclist-training.co.uk



We strongly recommend that participants wear a correctly fitted helmet.