

KENT CYCLE TRAINING

bikeability

Parent Information
Booklet and consent form



www.dft.gov.uk/bikeability





Why get involved in bikeability

Cycling is an important life skill and a rite of passage for most children

Encouraging children to cycle can help make them healthier, fitter and happier

Bikeability was developed by more than 20 professional organisations and is supported by cross-Governmental departments including Departments for Transport, Health and Education

Cycle training can make the biggest difference to your child's safety on the roads

Children who cycle are more confident, more independent and perform better at school

Bikeability offers national awards for cycling, an important way of marking the achievement of learning to ride safely and well

Any risks associated with cycling are far outweighed by the benefits of a healthy, active lifestyle

Bikeability training helps children develop their skills and confidence on a bike

Find out more about the course at www.dft.gov.uk/bikeability



THE COURSE

Bikeability is a National Standard cycle training course comprising of 3 levels designed to give the next generation the skills and confidence to ride their bike's on today's roads. This training will cover **level 1 and level 2**. It will teach children about how to control their bicycle, to make manoeuvres safely and improve hazard awareness. It will show them how to complete basic cycle safety checks, improve their knowledge of important road signs and increase their observational skills when cycling on the road.



BEFORE THE COURSE

Children must be able to ride a bike to take part in the training and be able to carry out the following:

- To listen carefully to their instructor at all times
- Be able to balance on and control their bike when riding
- Behave in a sensible and appropriate manner throughout the course
- To concentrate on the instructions given and be able to safely demonstrate the competencies learnt within their own ability

If your child is unable to follow the above instructions, then please speak to the school directly as this course may not be appropriate for them.

DURING THE COURSE



LEVEL 1 will offer basic bike handling skills in a controlled environment away from roads. Skills include:

- Bike Check
- Helmet fitting
- Start and stop safely
- Ride without help
- Able to control the bike
- Ride in a straight line whilst looking behind
- Signal right and left without loss of control
- Using gears (if bike has gears)
- Emergency stop
- Swerving under control

LEVEL 2 will teach children to cycle planned routes on minor roads offering real cycling experience. Skills include:

- Start and finish an on-road journey
- Be aware of surroundings whilst cycling
- Understand how / when to signal
- Understand where to ride on the road
- Pass parked or slower moving vehicles, and side roads
- Turn left into a major and minor road
- Turn right from a minor to a major road, and from a major to a minor

Pupils are required to demonstrate competence at **Level 1** before they are able to progress to riding on the road – this includes sufficient bike handling skills, balance and control. Pupils will be given expert guidance and time to practice and improve where possible, but if at the end of

the Level 1 course their bike handling skills are insufficient, the instructor may take the decision not to take that child on to the road, for their own safety.

They will therefore not be able to undertake the **Level 2** onroad component of the course. If this happens, the child will be given

feedback that they can share with their parents. These pupils will be encouraged to practice their bike handling skills so that they can retake the course when an opportunity presents itself. Please note that no partial refund will be given when a child attends only part of the course.

Find out more about the course at www.dft.gov.uk/bikeability

IMPORTANT information

COURSE LENGTH

The course lasts for one and a half days.

COURSE COST

The charge for the cycling course is £15.

CHILD'S AGE

To take part your child must be in the last two terms of year 5 or in year 6.

ROADWORTHY BIKE

Your child's bike needs to be roadworthy or they won't be able to take part in the training – please use the guidance in this booklet to check their bike, especially the tyres and brakes.

CONSENT

The training will be on public roads and for this reason we must have your written consent. This can be provided by completing, signing, and returning the parental consent form at the end of this booklet to the school as soon as possible.

HI-VIS

All children will be provided with and will wear a bright fluorescent waistcoat during training on public roads and will be told about the benefits of continuing to dress safely.

HELMETS

Cycle helmets are compulsory during the course; all children will be told the benefits of wearing one. If your child does not

bring a suitable helmet on the day, they will not be able to take part in the training.

SAFETY

In the interest of safety for all, we reserve the right to decline training to any child who cannot physically control their bike, who is disruptive, or who, in the opinion of the instructor, places themselves or others at unacceptable risk.

INSURANCE

There is no automatic insurance cover for your child should they be injured or cause damage to a third party. Any claims received by Kent County Council will be considered under the Council's public liability policy and be assessed in relation to the Council's legal liability.

NATIONAL STANDARD

The course is accredited to the National Standard for cycle training and all of our instructors have undertaken a course and have either become or are in the process of becoming National Standard qualified instructors.

AFTER THE COURSE

The course provides children with the knowledge and skills to undertake a cycle journey on quiet roads, but these skills need to be practised with an adult after the course to support their development as a safe and confident cyclist.



CLOTHING CHECK

Look out for:

- Baggy clothing – this can get caught in moving parts.
- Trousers and tracksuit bottoms should be tucked in to prevent them becoming entangled in the chain.
- All cyclists must wear sensible shoes, with shoe laces tucked in.
- The clothing must be appropriate for the weather e.g. warm and waterproof.



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BIKE CHECK

FRAME

Check for damaged / bent frame and forks – if there is visible distortion the bicycle should not be used

NUTS & BOLTS

Check that wheels, handlebars, saddle, pedals, mud-guards and any accessories are securely tightened

BRAKES

- Try the front and back brakes separately, and make sure they stop the bike and are not sticking
- Check that the brake levers are securely attached and the cables are not frayed
- The brake pads should not be excessively worn, with at least 1mm between the pad and the rim

REFLECTORS AND LIGHTS

- Cycles should clearly display a red rear reflector
- Lights and reflectors should be kept clean and in good working order

SADDLE AND HANDLEBARS

- Neither should be loose
- The saddle should be straight
- The handlebars and stem should be in a straight line
- They should both be adjusted to the correct height for the child

WHEELS AND TYRES

- The wheels should run freely with no excessive wobbles or buckles
- Check for loose spokes
- Tyres should be inflated to a reasonable pressure
- The tread should not be excessively worn and the tyres should have no splits, cracks or holes

CHAIN AND GEARS

- Check that the chain is not too loose or too tight. It should be lightly oiled. It shouldn't be rusty
- Check that the gears are properly adjusted, lubricated and cables are not frayed



HELMET CHECK

Check that the helmet is fitted and worn correctly:

- Make sure it is the right way round.
- It should be placed on the top of the head with the straps fastened under the chin.
- The front strap should be as vertical as possible and the rear strap should join the front strap just below the ears (forming a 'V' just under the ears).
- The helmet should fit comfortably on the head with very little movement.
- If you can slide the helmet off the head either backwards or forwards you need to tighten the straps.



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Requirements for the Scheme

We insist that bikes **MUST** have both a front and rear brake working efficiently **AND** both tyres should be pumped up and in good condition (no splits, bulges or bald areas). As the scheme takes place during daylight, there is no requirement to have lights.

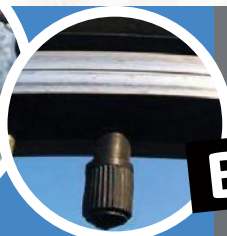
The most important features on your child's bike for this course are the tyres and brakes, and they can be checked using the guidance below:



PLEASE check your child's bike and make sure it is roadworthy. Children will be unable to take part if their bicycle is considered unsafe.

What to look for

TYRES



Check each tyre closely.

Push down with your hand. You should find the tyres quite hard. Generally tyre pressure is shown on the side of the tyre. It is dangerous to use a garage tyre pump to inflate cycle tyres.

Look at the tyre tread or pattern around the whole wheel. For most tyre designs this should be quite noticeable and there should be no bald patches; these are common on the rear wheel. Look around the sides of both tyres and check for splits or bulges. If there are the tyre should be replaced.

Spin each wheel independently and look for any 'kink'. Buckled wheels need the attention of a cycle shop or should be replaced.

If in doubt, talk to your local cycle shop. They will be pleased to help.

BRAKES



Stand next to the bike, holding it upright by the handlebars. Ensure you are on solid ground (tarmac or concrete is best):

Pull the front brake lever full-on and try pushing the bike. The front wheel should lock making the rear wheel lift off the ground. If the front wheel turns whilst you have the brake full-on there may be a problem with the brake blocks, the brake cable, and the brake mechanism or there may be grease or dirt on the wheel rim.

Pull the rear brake lever full-on with one hand and push down on the saddle with the other (to apply some weight). The rear wheel should lock and 'skid' across the surface. If the rear wheel turns whilst you have the brake full-on there may be a problem, as outlined above.

At the start of the course an instructor will check bikes for safety. It is important that the cycles fit their riders and if necessary, instructors may make adjustments to the saddle and handlebars. They will not be able to fix punctures or complete other major maintenance work.

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