



Bikeability Level 2 Cycle Training

At Ark Little Ridge Primary Academy for Y6 pupils

What is Bikeability Level 2?

At East Sussex County Council we deliver a combined Level 1 & Level 2 Bikeability course. The aim is to encourage and inspire children to use their bikes more, making safe trips on roads to school or for leisure. The course is outcome based; all outcomes must be met to achieve Bikeability Level 2. For those pupils that do not achieve all the Level 1 and 2 outcomes, their instructor will explain why and indicate which outcomes need more practice on the 'Nearly There' letter that they will be given.

What will my child be doing?

- All the fun of the Level 1 part of Bikeability (see Bikeability link below for details)
- Start and finish an on-road journey
- Understand where to ride on roads being used
- Demonstrate decision-making and understanding of safe riding strategy
- Understand how and when to signal intentions to other road users
- Turning left and right on minor and major roads
- Dealing with potential hazards
- Demonstrate a basic understanding of the Highway Code

How much will it cost?

The course will cost only **£15.00**

Level 2 is free to children claiming free school meals.

Maximum of 12 pupils per course.

What should I do next?

- Complete the booking form and consent letter
- Return the completed form with payment to the Teacher or school office
- **PAYMENT VIA PARENTPAY 'Y6 BIKEABILITY'**

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

Working in an outside environment with traffic noise, can often make it difficult for the instructors to be heard. Therefore, on occasions it may be necessary for them to raise their voices in order for everyone to hear.

All courses are delivered by East Sussex County Council qualified National Standard trained Cycle Instructors, who are all D.B.S checked.

For more information regarding Bikeability Levels 1 and 2 go to www.bikeability.org

HAPPY CYCLING!!!!All courses that the Road Safety Team offer are also available during school holidays at Eastbourne Cycle Centre, Cross Levels Way, Eastbourne BN21 2UF. To find out more regarding costs and how to book your place, contact cycletraining@eastsussex.gov.uk

email: cycletraining@eastsussex.gov.uk

Visit us at:



East Sussex Cycle Training



@wheeliesafe



BIKEABILITY LEVEL 2 - CONSENT FORM
Cycling Proficiency for the 21st Century

School: ARK LITTLE RIDGE PRIMARY ACADEMY

Course 1 commences: Monday 18th June. **Course Times:** 3.15 – 4.45 pm

Course 2 commences: Monday 25th June. **Course Times:** 3.15 – 4.45 pm
please circle required course

Monday – riding on the playground, completing level 1 outcomes

Tuesday to Friday - riding on-road completing level 2 outcomes

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 by **Friday 25th May**
(paper copies available from the school office)

Cost £15.00

Payment for the course: through ParentPay 'Y6 Bikeability'

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

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**. Each bike will be **checked** at the commencement of the course. The responsibility for ensuring the bike is in a roadworthy condition, and for rectifying any defects found by the Instructors, lies with the parent/guardian.

Signed: (Parent/Guardian) **Date:**

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:

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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

email: cycletraining@eastsussex.gov.uk

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