

Preparing for Bikeability

Your child will need a bike which is in a roadworthy condition to take part in Bikeability. The Highway Code's 'Rules for Cyclists' give some pointers as to what condition is expected for on-road cycling, but as a starting guide your child's bike should be the right size for them, have pumped up tyres and two working brakes. Stunt pegs can cause injuries: we ask that they are removed before training. Instructors will show children how to check their bikes at the start of the first session, and will ensure that your child's bike is safe for them to complete the training on.

Helmet: A correctly fitting helmet may help avoid or reduce injury if you have an accident. Check that the helmet has the quality CE mark and follow the correct fitting instructions. Helmets must be worn on all Bikeability courses.

Clothes: Your child should wear clothing appropriate for the weather conditions. They should avoid wearing clothes with loose straps or baggy trousers that could get caught. It's preferable that all trainees wear trousers or shorts. Appropriate footwear is essential.

Disabilities

The Bikeability scheme is inclusive and endeavours to ensure it's provision is effective in supporting each individual.

The service must be made aware of any physical, behavioural or learning disabilities; or considerations for medicines/ allergies to ensure all reasonable adjustments can be made.

If your child has an adapted bike or a trike then please contact the team cyclesafety@viaem.co.uk or **0115 977 4373**

Become a Cycle Trainer

Do you have any free time to learn a new skill? Are you interested in becoming a cycle instructor. You don't need to be an expert cyclist to become a Bikeability instructor; a good level of coaching and riding skills would be advantageous. Above all a positive attitude, enthusiasm, good communication skills and a willingness to encourage pupils throughout their training is needed.

You will be required to undertake an accredited training course and a commitment to your availability. Cycle courses are county wide in Ashfield, Bassetlaw, Broxtowe, Gedling, Mansfield, Newark and Rushcliffe areas.

Contact us on **0115 977 4373** or send an email together with your CV to cyclesafety@viaem.co.uk

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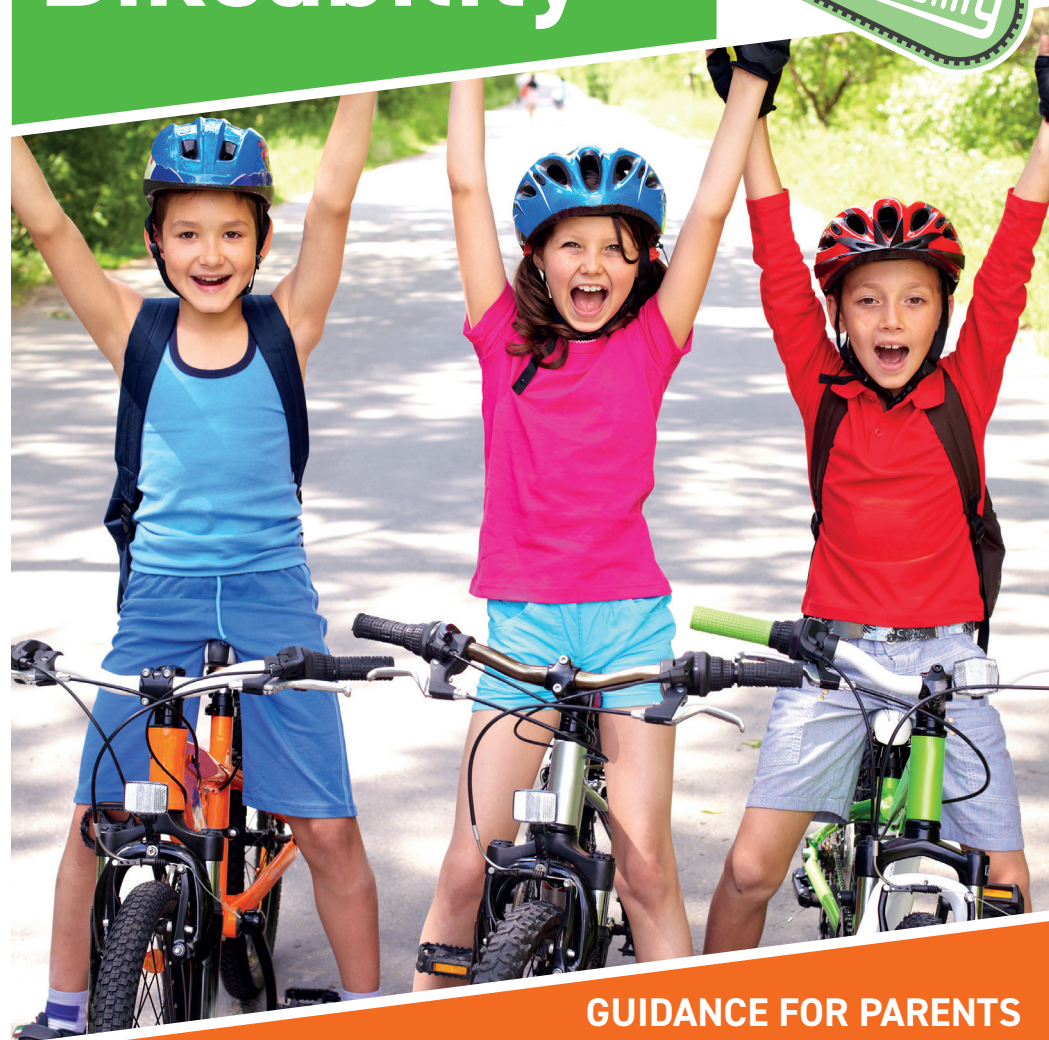
in partnership with



Nottinghamshire
County Council



Bikeability



GUIDANCE FOR PARENTS

Dear Parent your child will soon get the opportunity to take part in Bikeability training, please take the time to read the enclosed guidance to ensure that they make the most of this opportunity.

Bikeability is a government recognised national scheme, comprising of 3 main levels and is aimed at supporting the next generation of confident and responsible cyclists.

For more information visit www.bikeability.org.uk

Bikeability is managed by Via East Midlands in partnership with Nottinghamshire County Council.

Currently over 8000 school children in Nottinghamshire complete Bikeability training every year.

There are a variety of courses and levels available enabling young cyclists to develop skills to cycle a bike safely and confidently setting the foundations for independent journeys.

Level 1

Level 1 is principally aimed at year 3/4/5/6 children. The 2-hour session is delivered in an off-road traffic-free setting – typically a playground, where the focus is on fun.

Riders must be able to control the cycle and maintain balance unaided and without stabilizers, for 10 metres.

Sessions include;

- Preparing for a journey including clothing & correctly fitted helmet
- Carrying out a simple bike safety check
- Basic bike control skills
- Use of gears and sharing space with other riders.



Level 2

Level 2 is principally aimed at years 5/6 and above. The focus is that by the end of the course, each rider should be able to make a journey independently on single-lane roads. The training is carried out in areas close to the school that have been risk-assessed including simple junctions with moderate road-traffic flow.

Riders must meet all the level 1 Assessment criteria before undertaking level 2 training.

- Starting and finishing an on-road journey
- Understanding how and when to signal their intentions to other road users
- Understanding the correct road positioning
- Demonstrate good observations at all times
- Demonstrate decision making and understanding of priorities



Level 3

Level 3 is principally aimed at 11 years and above. The course aims to develop rider's skills and confidence so they can ride in diverse road environments, including complex, often busy roads and junctions, sometimes with speed limits above 30 mph. It must be delivered on progressively more challenging roads and junctions with high volume of, or fast, motor traffic.

- Planning a journey
- Riding assertively
- Maintaining suitable riding positions
- Cooperate with and respect other road users



Feedback

All riders will receive the Bikeability Award package (a certificate and badge). Your child should have been given some feedback on their certificate from their Bikeability instructor, on areas that they need to do a bit more work on. It is recommended that you discuss these with your child so that they can be clear on how they can improve their skills and confidence. You might be able to help your child practise these areas, or you might want to ask us for some extra tuition.

Holiday catch-up or refresher course might take place in your local area – please contact us for more details.

Bikeability Plus

Bikeability Plus is the gateway to all kinds of fun experiences by bike! Bikeability Plus modules are designed to ensure that children and families are given the opportunities, skills, support and guidance that they need to make cycling part of their everyday life.

A great way to practise the training your child has received during Bikeability is to try cycling as a family, or let them cycle to school, to the local shops, cinema or swimming pool.

There are also several modules that sit alongside the core levels including Balance Bikes. These sessions are available for 4 and 5 year olds. These sessions aim to give children the basic balance and co-ordination skills they will need to learn to ride a bike and develop handling and awareness.

All Bikeability Plus modules are available through your school; some as out of school activities which include adults. There may be a charge for this service. Please contact your school coordinator or the Road Safety Team at:
email: cyclesafety@viaem.co.uk tel: **0115 977 4373**

Further details on our website:

www.viaem.co.uk/services/road-safety/bikeability-cycle-programme/