



Bikeability Letter to Parents

Dear Parents

Go Velo is delighted to work with riders at Springfield. Cycling is one of the easiest, cheapest and most enjoyable ways of keeping fit. This is why we are offering Bikeability training to all riders in the year group. Bikeability is cycling proficiency for the 21st century, giving riders the skills and confidence to cycle in today's traffic conditions.

In order to participate, the rider needs access to a bicycle (in good working order, please!), a helmet (we can provide these) and suitable clothing. It is important that the rider can already ride a bike before embarking on road safety.

Bikeability is split into 2 Levels for Primary school riders. Level 1 is held on the school playground and is used as fun skills training and to assess the rider's capability to ride on the road. Please see link to Level 1 outcomes [Bikeability Level 1 - Maintain your cycle, Glide and Control your bike](#). Level 2 is on quiet roads close to the school. [Bikeability Level 2 - Start & stop, Passing vehicles & Understand the road](#) **Riders must have achieved all Level 1 outcomes during session 1 to be able to go on the road – if not they will be sent back to class, and school will make provision for them.** All riders will receive certificates and badges on finishing the course. Riders are given high visibility vests to wear during the sessions and we work on a maximum instructor to rider ratio of 1:6. For further information on Go Velo's Bikeability training visit www.govelo.co.uk/bikeability-training/. All instructors are fully qualified Bikeability instructors, cycling coaches and ride leaders. We are all DBS checked and first aid qualified.

The sessions will run on the following dates (Year 5 & Year 6):

No of Riders	Date			Time
30	Monday	20	January	10:00 - 12:00 & 13:00 – 15:00
	Tuesday	21	January	10:00 - 12:00 & 13:00 – 15:00
30	Wednesday	22	January	10:00 - 12:00 & 13:00 – 15:00
	Thursday	23	January	10:00 - 12:00 & 13:00 – 15:00

You as a parent / guardian are asked to

- Complete rider information form for the rider you wish to take part, return the completed form to the school before the first session
- Ensure that the rider's bike is in good working order and suitable for riding on the road i.e. working brakes (**front and back**) and pumped up tyres. **Please note riders will not be allowed to take part if their bike is considered unsafe.**
- **Provide the rider with a cycle helmet or reserve one through school – Helmets are compulsory.**
- indicate below any medical conditions the rider suffers from that you feel Go Velo instructors should be made aware of for a cycling course.

Please contact us if you have any questions.

Yours Sincerely

Kirsti Grayson – Director