

Calderdale Council Bikeability



Bikeability Level 1 and 2 cycle course information

Welcome to Bikeability – 'cycling proficiency' for the 21st Century. A cycle course that's fun and gives your child the skills and confidence they need to ride safely on today's roads. The Bikeability National Standards Level 1 and 2 course runs over two days:

Day 1

The trainees will learn the skills to cycle on the road in the playground through a series of games and exercises. The session will stop for the morning break time. After lunch we will take the successful trainees out onto a suitable road site close to school to put into practice what they have learnt.

Day 2

The second day is progressing what the trainees have learnt, looking at turns and awareness on the roads near to school. They should demonstrate an understanding of where to ride on the road, signal intentions to other road users and show a safe riding strategy.

All trainees will be awarded a Bikeability certificate (detailing how they have done and what they need to practise) a booklet and a Bikeability orange badge.

The Bikeability National Standards Level 1 outcomes are:

- Fit your own helmet
- Carry out a simple bike check
- Get on your bike, start cycling, then stop and get off
- Ride your bike using the gears
- Make your bike go where you want it to, including moving around objects safely
- Control the bike with one hand
- Stop quickly if you need to
- Look all around you when you're riding, including behind, without wobbling.

The Bikeability National Standards Level 2 outcomes are:

- Start and finish a journey by road, including passing parked or slower moving vehicles and side roads
- Make a u-turn
- Identify and react to hazards in the road
- Signal your intentions to other road users when someone needs to know what you're doing
- Understand where to ride on the road
- Use junctions, including turning left and right into major and minor roads
- Decide whether a cycle lane will help your journey
- Use the Highway Code, particularly when it comes to understanding road signs

Helmets

Children should have their own helmets; full face helmets are not suitable for Bikeability cycle training. With advance notice we might be able to supply a bike & helmet.

Bikes

Children must bring a roadworthy bike. All bikes will be checked before the start of the course. With advance notice we might be able to supply a bike & helmet.

Riding ability

All children should be able to ride a bike unaided prior to the course. We offer Learn to Ride and Bikeability 1 courses in the holidays to improve their bike skills, see:

www.calderdale.gov.uk/bikeability

Please note all pupils who do not demonstrate the necessary bike skills or behaviour on day 1 will not be able to take part on day 2.

Pupils who do not complete level 1 will not be able to take part in level 2.

Consent forms

All children must have a signed parental consent form before the start of the course. If you want your child to take part in this course please complete the attached Bikeability consent form and return it to school.

Bad weather

We will continue to run the course in the event of bad weather unless conditions are too severe. We advise children bring suitable clothing for the day including a waterproof jacket.

Staff ratios

1 instructor to 6 trainees for the road training, with a minimum of 2 staff.

Observers

We welcome teachers and/or teaching assistants to observe or be present during the course, but it isn't a requirement for any school staff to be present.

Lunch

The pupils will return to school for lunch.

Medical conditions

We need to be informed on the consent form if any child has any particular need e.g. ADHD, dyspraxia, asperger's syndrome, hearing impairment or specific behavioural difficulties prior to the start of the course.

Child Protection

All Calderdale Bikeability Instructors have completed a Disclosure and Barring Service check, and carry a Calderdale Council ID badge with the DBS number.

Equipment

We supply fluorescent waistcoats for all children and instructors on the course.

Course cancellation

We realise that some circumstances are unforeseen and you might have to change the date or cancel the course. **We ask that you give us as much notice as possible as although the course is funded to the school, the course costs £40 per child.**