



WHAT is the Bikeability Cycle Training Scheme?

Bikeability is designed to give the next generation the skills and confidence to ride their bikes on today's roads. There are [three Bikeability levels](#), with each level designed to help improve their cycling skills, no matter what they know already. This course covers Levels 1 and 2 taking trainees from the basics of balance and control through making a journey on quiet roads. This training will-

- ✓ Help pupils develop their skills and understanding as safe road users
- ✓ Promote physical activity as part of a lifelong healthy lifestyle
- ✓ Make a positive impact on pupils' personal development, especially the potentially vulnerable and those at risk of underachievement, building self confidence and independence.

"Not only is physical activity crucial to children's health but it also directly benefits academic performance."
House of Commons Select Committee on Health, Report on Obesity, 2004

There are specific references in the National Curriculum for England related to journeys to and from school. Children who have completed on-road cycle training will have a clearer and more practical understanding when, for example, they investigate in PSHCE the risks & other impacts of travelling on today's roads. Geography & Physical Education are two other subjects where trained cyclists will benefit.

Cycling and learning to be safe, responsible road user are valuable life skills. Please support us in delivering this complete training package for the benefit of pupils and to meet the funding requirements agreed with the Department for Transport. Ensure the time booked for training does not clash with other commitments for pupils or prioritise Bikeability during that time. **We are not able to cut corners on this DfT funded training.**

HOW much does it cost?

We ask for just £8 per child cyclist. The actual cost of providing this training is closer to £40 per pupil, the difference is made up by central government grant. **Pupils who are eligible for free school meals can have free Bikeability training.**

WHO is involved in the scheme?

Pupils- Recommended for Year 6 and older Year 5 from Spring term. Only for pupils who can ride a bike and who have not previously completed a Level 2 course.

The Road Safety Team- will provide accredited National Standard Instructors with enhanced DBS clearance. All our instructors are insured for Public liability & Professional indemnity. Personal accident insurance is the responsibility of the individual.

Parents or Carers- It is their responsibility to ensure the bicycle is in a safe and roadworthy condition for each and every session. They should also provide their child with suitable clothing appropriate to the weather conditions.

The School- will need **written approval** from the parent/carer of each child taking part in cycle training. Please use the consent form supplied by Road Safety which includes **important** information for the parent/carer about safety checks for cycles.

WHERE does cycle training take place?

Training will be carried out on risk assessed roads in the vicinity of your school. You will be sent a copy of the risk assessment for your school before the pupils go out on road. Please print a copy for the instructors to read and sign.

WHEN does cycle training take place?

Cycle training is carried out during school time.

- Courses will usually give pupils 6 hours of training consisting of-
 - An off-road (playground) session of up to 2 hours with up to 12 pupils per instructor.
 - On road sessions totalling 4 hours usually with 3 pupils per instructor.
 - Smaller instructor/pupil ratios may be completed in less time.
- Courses will usually be delivered in either 1½ hr. sessions over 4 days or 2 hr. sessions over 3 days.
- Specific arrangements for time tabling will be made at the time of booking with your instructor team leader.

Please provide the Instructors an indoor space for writing up assessments and certificates at the end of the training sessions.

WHAT do I need to do now?

- Complete the booking form, ensure that the section about pupils special needs, disabilities or medical conditions is completed and email it back to roadsafety@gloucestershire.gov.uk
- Make the appropriate payment by ITV (with details and cost code) or by cheque. Please make these payable to 'Gloucestershire County Council', and send it to the address below. We will send a receipt.

HOW do we reduce risk when training?

- Instructors will inspect all cycles before training begins and will encourage the children to make their own daily checks. They cannot allow a defective cycle to be used for the training.
- High visibility waistcoats will be supplied for both instructors and trainees. We strongly recommend but do not insist that cyclists wear a helmet.

HOW do we make assessments and awards?

The pupils are continually assessed throughout training. Each will have an individual achievement certificate at the end of the course that will detail the standard they have reached. These will be given to the school to award to pupils together with their Bikeability badges.

PLEASE NOTE- Completion of this course will not necessarily mean that all pupils will be ready to ride unaccompanied on road. It is important that parents and carers are familiar with an individual's outcomes as shown on the certificate and consider these when planning any cycling activity for them.

Many thanks for your help and support with this.

Contact: Road Safety
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