

Bikeability Level 2 Information and Consent – Perton Middle School

Dear Year 5 Parents/Carers

25th October 2023

Your child has the chance to take part in **Bikeability Level 2 cycle training on Wednesday 6th or Friday 8th December 2023**. Cyclist Training Ltd coaches young people in vital skills that will stay with them for life. **We have a limit of 48 places.**

Bikeability Level 2 teaches children how to grow more confident with each turn of the pedal. Expert instructors will lead riders onto quiet roads, to experience “real” cycling. This may feel like a big step for both you and your child but with our instructors on hand, your child will feel confident and safe.

This is a **FREE** national scheme funded by the Department for Transport and provided through Staffordshire County Council. We teach riders to **start and stop** a bike with more confidence, **pass stationary vehicles** parked on a road, **understand the road**: signals, signs and road markings, **negotiate the road**: including quiet junctions, possibly quiet roundabouts and simple crossroads with a road safety awareness in the school locality. And **share the road** with other vehicles. Participants will receive a certificate and badge.

Knowing how to cycle safely provides an increased independence as they visit friends and transition to secondary school. Cycling also offers physical and mental health benefits, is an essential alternative to public transport, reduces congestion and is always a popular leisure activity.

Participants **must be able to ride** to take part. They also **need their own roadworthy bike** (we strongly recommend a helmet), signed parental consent and outdoor clothing (warm waterproof coat & gloves essential). Parental permission must be given if no helmet is being worn*.

Bicycles need to be in a road-worthy condition for this course which means a front and back working brake. Ideally please also check tyres have enough air, oil the chain, ensure handlebars are fixed on tight and your child’s seat is secure and pointing forward (www.bikeability.org.uk)

Parents/Carers **must complete the slip below and return to school before Monday 13th November.**

Yours sincerely

Liann Allpress, Cyclist Training Ltd

www.cyclist-training.co.uk



PERTON MIDDLE SCHOOL – YEAR 5 BIKEABILITY LEVEL 2 PARENTAL CONSENT

Please return consent to school office before Monday 13th November 2023

We have a limit of 48 places.

Pupils / Participant Name: _____ Year Group: _____

Participant will have a road-worthy bike (YES) and helmet (optional YES / NO) *Signed: _____

May we use your child’s image for CTL/Council website and social media? **YES/NO**

Please provide medical / allergy / SEN Information and details if your child is clinically vulnerable / at higher risk of severe illness from Covid-19 / lives with someone who is clinically vulnerable:

Signed: _____ Date: _____

CTL complies with GDPR and protects the personal information of individuals