

BIKEABILITY

Redcar & Eston School
Sport Partnership CIC



Guidance for Parents:

Dear parent your child will soon have 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.

What is Bikeability?



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 the Redcar & Eston School Sport Partnership CIC in partnership with Redcar & Cleveland Borough Council.

Currently over 1,500 children in Redcar & Cleveland 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 meters.

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 of the level 1 assessment criteria before undertaking level 2 training.

Sessions include:

- 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.

Sessions include:

- 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, badge and handbook). 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 improved their skills and confidence. You might be able to help your child practise these areas.

Supervision

For limited periods of time during the Bikeability course there will be periods where school staff members are not present but will be close by and contactable if needed. All our Bikeability instructors are qualified, have DBS clearance and are both first aid and safeguarding training.

Preparing for Bikeability

Your child will need a bike which is in a roadworthy condition to take part in Bikeability. The Highway Code '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. Instructors will show children how to check their bikes at the start of the first session, and will ensure your child's bike is safe for them to complete the training on.

We do offer a bike loan scheme for the training, but this needs to be booked in prior to the training through your child's school.

Helmet

A correctly fitting helmet may help to avoid or reduce injury if you have an accident. It is our policy that ALL children wear a helmet during all levels of Bikeability training. If your child has their own helmet then check that it has the quality CE mark and follow the correct fitting instructions. We will advise your child how to do this in the training.

Clothing

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 is 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.

Having said that safety is our number one priority. We must be made aware of any physical, behavioural or learning disabilities or considerations for medicines/allergies to ensure all reasonable adjustments can be made.

Become a Cycle Instructor

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. However 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. If you are interested and would like to discuss it further then please email info@ressp.co.uk



www.ressp.co.uk

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