

12th June 2025

Bikeability Learn to Ride

Dear Parents and Carers

In September, your child has the fantastic opportunity to take part in Leicestershire County Councils Bikeability scheme.

Please read the attached information **carefully** and return the completed Parent/Guardian Consent form by **Friday 20th June** if your child has a roadworthy bike and helmet.

Yours sincerely,

The Grove Team

Bikeability Learn to Ride

[Bikeability](#) is a national cycle training scheme. It's like cycling proficiency, but better. It's about gaining practical skills and understanding how to cycle on today's roads.

Bikeability Learn to Ride is for those children who are unable to ride independently.

During this two hour course your child will receive an introduction to riding a bike with pedals, which will include:

- getting on and off the cycle holding their brakes
- how to set their pedal correctly with their preferred starting foot
- how to start by pushing down on their pedal hard enough to gain momentum, place their other foot on the other pedal and keep pedalling
- travelling in a straight line
- stopping by using both brakes then putting a foot down
- maintaining balance by turning their handlebar in the direction of intended movement
- changing direction turning left and right in gentle arcs with tighter turns as they gain control

As this is just an introduction you will need to continue practicing with your child after the course. Your instructor will be able to advise what your child needs to practice and when they will be ready for our [Playground Bike Skills \(Level 1\) course](#).

WHAT WILL YOUR CHILD NEED?

- A complete consent form (see section overleaf)
 - Suitable clothing for the weather conditions
- Optional (can be provided with 4 weeks' notice):
- A roadworthy bike without stabilisers
(See checklist overleaf)
 - A helmet (unless Religious or cultural exemptions apply)

FURTHER INFORMATION FOR PARENTS This course develops the cycling skills and confidence of children who are learning to cycle. To benefit from Bikeability, your child must practise what they learn after training. Bikeability skills and confidence will be lost without regular cycling. Bikeability engenders enthusiasm while building skills and confidence to cycle more safely, more often. Please support and encourage your child to continue cycling after training.

HOW TO BOOK Bikeability places are limited and places will be booked on a first come basis. Please complete and return a consent form (see overleaf) to school as soon as possible.

GET READY (Visit bikeability.org.uk/bikeability-training/get-ready/ for more information) Before your course it is really important to have a few things sorted including:

Your bike - make sure you check that your bike is in good working order, with the tyres inflated and the moving parts working well. If you need to take it to a bike shop before-hand, don't leave it to the last minute!

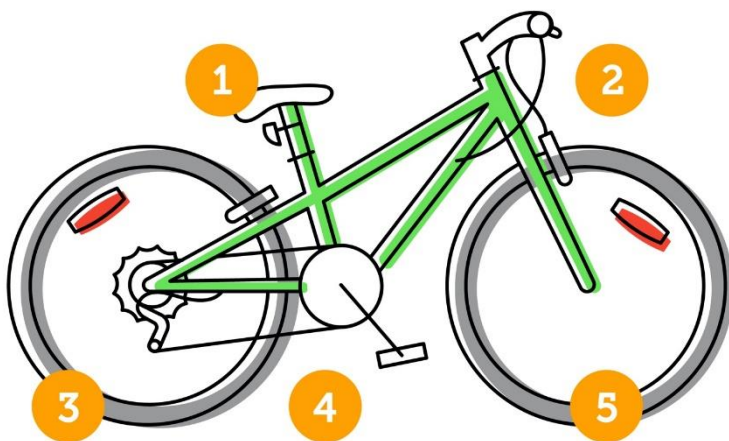
Your helmet - your helmet should sit on top of your head comfortably, (not too tight or too loose), with the peak sitting about two fingers width from your eyebrows.

The side adjusters should sit just below your ears forming a nice V on the side of your head, and the chin strap should allow for two fingers to fit between it and your chin.

Your clothing - wear whatever you would normally wear to school, but you must also be prepared for the weather. On cold or wet days, make sure that you have your coat and gloves, and an extra layer or two. With a change of clothes available, just in case. On warm sunny days make sure you have put on a good amount of suncream at the start of the day and keep drinking water throughout the day. And a top tip – as you will be using a bit more energy than normal bring an extra snack, also making sure you've had a good breakfast before school.

PRE-COURSE BIKE SAFETY CHECK

Visit bikeability.org.uk/bikeability-training/get-ready/



- 1 Make sure your saddle, handlebars and wheels are fixed on tight
- 2 Ensure both your front and rear brakes work properly
- 3 Run through all of your gears
- 4 Clean and oil your chain regularly
- 5 Check your tyres are pumped up

REMEMBER YOUR



AIR



BRAKES



CHAIN

BEFORE EVERY RIDE

PARENT/ GUARDIAN – CONSENT FORM

Please read the following information before completing and returning the consent slip to your child’s school. I understand that:

1. I give permission for my child to participate in Leicestershire County Council Bikeability training and to process personal details as outlined in the Fair Processing Notice <https://www.leicestershire.gov.uk/about-the-council/data-protection-and-privacy/fair-processing-notice>
2. The instructors will refuse to train my child if they deem his/her cycle to be unroadworthy (remember, cycles can be provided for training by prior arrangement).
3. It remains my responsibility to ensure my child does not ride an unroadworthy bike and if I am in doubt as to whether a cycle is roadworthy I should seek the advice of a professional mechanic
4. Instructors may at any time refuse to continue to train my child if his/her behaviour is deemed unsuitable
5. Leicestershire County Council will not be responsible for any injury or disease transmission or liable for any loss or damage to participant’s cycles and other belongings
6. It is a condition of your child receiving Leicestershire County Council Bikeability training that a helmet must be worn (unless religious or cultural exemptions apply).
7. I consent to the Bikeability instructor ‘adjusting’ my child’s helmet if required, however I confirm they are not responsible for the physical condition or appropriate fitting of the helmet
8. I understand that pupil data collected will be used to support the delivery and monitoring of training sessions/courses, see bikeability.org.uk/privacy-statement/ for further details.
9. I agree to encourage my child to practice after the completion of training

BIKEABILITY PRE-COURSE INFORMATION & PARENTAL CONSENT FORM

Full Name of Child:	
School:	
School Year:	
Are there any medical/ educational needs we need to be aware of, including allergy to hand sanitiser?	

If you are happy for your child to be photographed and/or filmed to help promote Bikeability, please tick here

I confirm that I have read all the information enclosed and in the 'Parental Consent Form' and consent to my child (or the above child for whom I take responsibility) to take cycling lessons and related activities, which may include cycle maintenance as well as riding on the public highway. I understand that this information is retained by my child's school and used to ensure my child is eligible to undertake Bikeability training

Signed (parent/guardian) :	
Date:	