



Bedford Borough School Sport Partnerships

Partnership Development Manager: Kelly Rolfe

Biddenham International School. Biddenham Turn. Bedford. MK40 4AZ. Tel: 01234 334562

Sharnbrook Academy.

Odell Road. Sharnbrook.

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06 June 2019

Dear Parent/ Guardian,

Re: Bikeability Training at The Hills Academy

Bikeability training is an initiative led by the Department for Transport in partnership with road safety groups, local councils and schools, which aims at improving your child's practical riding skills and understanding of how to cycle safely on today's roads. A level 1 Bikeability session is being delivered at your child's school through the Bedford Borough School Sport Partnerships (SSP) by a fully qualified cycling instructor.

The level 1 course is based entirely on the school playground and the children will always be supervised by the course instructor. Your child should be able to ride their bike without assistance before taking part in the session; stabilisers are not allowed. On completion of the initial Level 1 course, all successful participants will receive a certificate.

Course Information

Venue: The Hills Academy

Date: 4J – Thursday 13th June 2019

4L – Thursday 20th June 2019

Time: Group 1 - 10.00am – 12.00pm

Group 2 - 1.00 – 3.00pm

Equipment required: A roadworthy bicycle (please see below), a cycle helmet, suitable clothing and trainers.

Please note that your child's bicycle must be in a roadworthy condition for them to take part in the course. The bicycle must:

- a) Be the correct size for your child to ride safely,
- b) Have two working brakes,
- c) Have a correctly adjusted saddle,
- d) Have tyres inflated to the correct pressure.

If your child does not have a roadworthy bike, they will be unable to take part in the course. If you are unsure, you could contact the various bike stores as they may even check the bike for free, which Transition Cycles said they would do last year. There is also a link on YouTube on how to do a bike check. <https://www.youtube.com/watch?v=SA0aSdj5FC4>

Further information regarding Bikeability courses can be found on the Bikeability website, the address for this is: www.bikeability.org.uk. If you cannot find the information you are looking for, please contact the school office, who will be able to contact the course instructor directly.

Yours sincerely,

Kelly Rolfe



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Partnership Development Manager

Bedford & Kempston and North Bedfordshire School Sport Partnerships

BIKEABILITY BOOKING FORM

Young Person's name: _____

Date of Birth: _____ Year group: _____ Gender: M F

Address: _____

Postcode: _____ Tel: _____ Email: _____

School: _____

Medical Information

Does your child have a pre-existing medical condition that may affect their participation in the Bikeability course?

Yes No

If yes, please state the condition and give any necessary details:

Please give details of any medication your child has been prescribed. If appropriate they will have this at each session and my child will administer it as necessary:

Photography Consent

My child may be included in promotional photographs: Yes No

Bicycle Adjustment Consent

I give consent for the course instructor to make minor adjustments to my child's bicycle to ensure that the saddle position is correct, the brakes work and the tyres are correctly inflated?

Yes No

Contact in case of Emergency

Emergency Contact 1: _____ Tel: _____

Relationship to Child: _____

Emergency Contact 2: _____ Tel: _____

Relationship to Child: _____