



Bikeability Training

Dear Parent/Carers,

Great news! We will be coming to your school to do Bikeability training with your children in year [insert year group].

The Bikeability Level 1 course helps children get more skilled and confident in riding their bikes in the playground and get them ready for cycling on the road. Riders **MUST** already be able to ride a bike - pedal and freewheel - to participate in this level.

Each child will require a roadworthy bike, a helmet, suitable clothing for spending up to 120 minutes riding a bike outside (e.g. A shower-proof coat if it's going to rain, gloves if it is cold) and secure flat shoes/trainers, water, plus other personal requirements e.g. Medication needs, sun cream, inhaler.

Cycles must be in a roadworthy condition which means both brakes are fully working, tyres are pumped up, gears (if present) operate as designed, the chain is properly lubricated.

The cost of the course is £5 per child. Places are limited.

If you would like your child to take part, click on this link or scan the QR code:

<https://consent.bikeability.org.uk/hen-six-break>



Kind regards,

BeSpoke CI

