



Sabden Primary School, Whalley Road,
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Dear Parent/Carer

29th June 2023

Bikeability for Class 3 Tuesday 11th & Wednesday 12th July 2023

We are delighted to inform you that we are offering **Bikeability** to Class 3 on Tuesday 11th July and Wednesday 12th July 2023, during the school day. Cycling is one of the easiest, cheapest and most enjoyable ways of keeping fit. This is why we are offering Bikeability training to all riders. Bikeability is cycling proficiency for the 21st century, giving riders the skills and confidence to cycle in today's traffic conditions.

In order to participate, the rider needs access to a bicycle (in good working order, please!), a helmet (we can provide these) and suitable clothing. It is important that the rider can already ride a bike before embarking on road safety.

Bikeability is split into 2 Levels for Primary school riders. Level 1 is held on the school playground and is used as fun skills training and to assess the rider's capability to ride on the road. Level 2 is on quiet roads close to the school. Riders must have achieved all level 1 outcomes during session 1 and be competent, consistent and confident during the on road training in order to pass level 2. All riders will receive certificates and badges on finishing the course. All instructors are fully qualified Bikeability instructors, cycling coaches and ride leaders. They are all DBS checked and first aid qualified. Bikes can be left at school overnight on the Tuesday evening.

You as a parent / guardian are asked to

- Complete rider information form for the rider you wish to take part, return the completed form to the school before Thursday 6th July 2023
- Indicate on the Rider Information form if you need to hire a bike. Bikes and helmets can be supplied on request for a small charge of £5 plus VAT per set. This charge is to assist with the costs of delivery and collection. This charge would be added to ParentPay for immediate payment.
- Ensure that the rider's bike is in good working order and suitable for riding on the road i.e. working brakes (**front and back**) and pumped up tyres. **Please note riders will not be allowed to take part if their bike is considered unsafe.**
- **Provide the rider with a cycle helmet or reserve one through school – Helmets are compulsory.**
- Indicate on the form any medical conditions the rider suffers from that you feel Go Velo instructors should be made aware of for a cycling course.

Kind regards
Elizabeth Maskell

Headteacher Elizabeth Maskell
B.Ed (Hons), N.P.Q.H.