

Bikeability Training



Bikeability is 'cycling proficiency for the 21st century'.

Wheely Fun Wheels has been commissioned by Bolsover School Sports Partnership to deliver Bikeability. We are a group of National Standards Cycling Instructors who work together as a co-operative. We all live in and around Chesterfield and are regular cyclists putting into practice what we teach on a daily basis. All instructors have Enhanced CRB checks, insurance to provide cycle training and first aid training. Wheely Fun Wheels has its cycle training course accredited with Bikeability and will supply Bikeability Level 2 badges and certificates to all who complete the course. Our Bikeability scheme number is 704196A. Bikeability training can only be delivered by accredited schemes.

When we have agreed to deliver training at your school we will provide a parents letter and consent form. At the start of the process we will normally arrange suitable dates for training to be confirmed later. As we are funded 'per pupil trained' it is very important that the numbers of children we are arranging the course for are accurate.

We will arrange a date with you at least three weeks before training starts when we finalise numbers, usually done by you counting the consent forms returned. This is essential to roster instructors for the required number of courses. The dates agreed initially may change depending on numbers.

Our training consists of several sessions. Depending on the number of trainees the sessions usually take place over two or more days. The first session (Level 1) will take place on a traffic free area, ideally the school playground for about 2 hours. This will include basic bike checks, helmet checks and general handling skills. At this stage the instructors will assess each child to see if they are suitable to continue to Level 2.

Further sessions (Level 2) will take place on roads as near to the school as possible with students under supervision throughout the time they are out of school. This will take up to 6 hours depending on the size of the group. The location will be identified by the instructors and a specific risk assessment completed by our instructors. The school will be asked to acknowledge and approve the risk assessment.

Bikeability training teaches a positive style of riding designed to make the cyclist part of the traffic flow and to be visible at all times whilst controlling their road space.

All children are required to wear a helmet and hi vis vest when on roads. We will supply the hi-vis vests and also bring up to 6 helmets per day for children who don't have their own. Instructors will also carry mobile phones, basic tool kit, pump, first aid kit, the risk assessment and register. It is the parents responsibility to send a working bike as outlined in our parents letter given to each child. We cannot take bikes on the road without two working brakes, this is a legal requirement.

Chesterfield SSP has a stock of bicycles and it is possible for us to supply up to 2 of these bicycles per day if children ask to borrow a bike in advance. If you require more than 2 per day it is sometimes possible. These bikes are hired by your SSP manager from Chesterfield SSP.

The instructors will decide if a session is to be cancelled due to adverse weather. Rain will not necessarily stop training taking place and children should come equipped with a suitable waterproof layer. Gloves are essential during the winter. Sun protection should be supplied in the summer. Instructors will notify the school as soon as possible if a session is to be cancelled. We will schedule an extra session after discussion with the school.

At the end of the training the children who complete the course will be given a pack of information.

We hope that all your children enjoy the Bikeability experience. If you have any questions please contact us by telephone - 01246 520820, 07834 838076 or e mail - info@wheelyfunwheels.co.uk
More information on Bikeability can be found at www.dft.gov.uk/bikeability.

Wheely Fun Wheels