



## Bikeability Level 1 Training



Chesterfield based company Wheely Fun Wheels has been commissioned by Bolsover School Sport Partnership to provide Bikeability Level 1 training at our school. All instructors are qualified National Standard Cycling Instructors, have CRB checks, insurance and first aid certificates. All instructors are long term regular cyclists too. Please look at [www.wheelyfunwheels.co.uk](http://www.wheelyfunwheels.co.uk) or contact them on 01246 520820 if you have any questions.

### What will the children be doing?

Safety check all bikes and helmets. The instructors will use the recognised 'M' check procedure to make sure bikes are suitable for training. Simple faults may be fixed by the instructors.

The safety check will be followed a session developing cycling skills in a traffic free area (usually the school playground).

### What will the children need?

An ability to ride their bike unaided in a straight line and round corners. If your child cannot ride a 2 wheeled bike it might be possible for the instructors to provide 'learn to ride a bike' training during the session but this depends on instructor to pupil ratios. Separate 'learn to ride' sessions may be provided.

If your child has a bike please ensure you take it to school for Bikeability on the appropriate day.

Wheely Fun Wheels will bring a number of spare bicycles and helmets but it is much better for your child to use the equipment they are used to.

A motorcycle type full face helmet is not acceptable.

### What can you do to help?

Please talk to us or the school if you have any questions, or concerns.

Make sure that they're comfortable on the bike that they're riding. Sometimes a brand new bike doesn't help with confidence.

Help them practice basic skills, such as riding slowly in a straight line, being able to look over their right shoulder (without wobbling) and riding whilst indicating (left and right arm). Just twenty minutes a week will help enormously.

Make sure that they have a waterproof jacket, gloves and warm layers for all sessions.

### Where can I get further information?

For more information on Bikeability, have a look at [www.bikeability.org.uk](http://www.bikeability.org.uk)

This programme is part of Bolsover School Sport Partnership's cycling offer to schools.

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My child \_\_\_\_\_ Class \_\_\_\_\_

would like to take part.

They can ride a 2 wheel bike unaided

They cannot ride a 2 wheel bike or are using stabilisers  (please tick one box)

Signed (parent/carer) \_\_\_\_\_