

## **Wheely Fun Wheels Bikeability Level 1 Training**

All instructors are qualified National Standard Cycling Instructors, have DBS 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.

We always have two instructors working together to deliver Level 1 sessions unless through unusual circumstances or very small numbers.

Wheely Fun Wheels will provide a parents letter and consent form for your school to use. We will ask you to let us know how many children are going to take part (by consent form) at least 3 weeks before the agreed training date. That way we can be sure to provide enough sessions to keep the group sizes within DfT ratios.

### **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).

Total time will be around 2 hours. Please make sure the playground is available and not being used for anything else. We expect the session to be interrupted by morning break but please let us know if you have an afternoon break.

### **What will the children need?**

An ability to ride their bike unaided in a straight line and round corners. If a child cannot ride a 2 wheeled bike or is still using stabilisers there may be a separate 'learn to ride' session provided or depending on group size a 'Learn to ride' session may take place simultaneously.

Children should ideally bring their own bike to school on the appropriate day.

Wheely Fun Wheels can supply some bicycles but these need booking well in advance and there may be a cost. We always have six spare helmets available per session but if you anticipate needing more please let us know. These are free of charge.

A motorcycle type full face helmet is not acceptable.

### **What can parents do to help before the session?**

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

Make sure that they're child 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)