

Wheely Fun Wheels Bikeability Level 2 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 or contact them on 01246 520820 if you have any questions.

We always have two instructors working together to deliver Level 2 sessions..

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 4 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 in a traffic free area (usually the school playground) during which the instructors will assess each child's ability. At that stage they may decide due to riding ability or behaviour that it is not appropriate for a particular child to continue to the on road training. If so that child will return to school and the rest of the group move to on road training. Please note that we require both instructors to be with the group on road so we cannot continue to train any child we have returned to school.

Total time required for a group of 12 children is a full day and a morning. Please make sure the playground is available and not being used for anything else on the first day between 9.00am and around 10.30/break time.

What will the children need?

An ability to ride their bike unaided in a straight line and round corners and be able to ride with one hand for a short distance and retain control.

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