

Wednesday 3rd September 2025

BIKEABILITY CONSENT FORM

Learning to ride a bike safely is a major step in children's lives, and we are pleased to be writing to let you know that your child's school has booked Bikeability training with City of York's road safety team.

Each child will have the opportunity to take part in a **Bikeability Level 1 and 2 Combined Cycle Training Course** which will take place during school time. This course is designed for children who are already able to cycle. - To progress to Level 2, your child must meet the Level 1 outcomes and the instructors need to be confident your child will be safe on public roads. If for any reason this is not the case, we will try to provide additional instruction on the playground (dependant on instructor availability). You can read more about the levels below:



Level 1 takes place in an off road environment and teaches riders how to control and master their bikes



Level 2 gives participants on-road experience in residential traffic to help them prepare to make short journeys by bicycle



Level 3 teaches individuals the skills to ride effectively on more complex roads and in further challenging traffic situations

What is Bikeability?

Bikeability is the government's national cycle training programme. It helps build practical skills and understanding of how to cycle on today's roads. Bikeability gives everyone the confidence to cycle and enjoy this skill for life.

Bikeability can not only make children better cyclists - potentially for the rest of their lives - but can help with general confidence and independent thinking. To find out more, visit www.bikeability.org.uk

Dates – Group 1: Friday 19th September, Friday 26th September

Group 2: Friday 3rd October. Friday 10th October

Parents will receive a text to let them know when their child should bring their bike and helmet.

Cost – We ask for a voluntary donation of a recommended £10 per child.- Please follow the link and click on the red button to make a payment. By making a voluntary donation you are helping to ensure the future of Bikeability in the City of York primary schools.

<https://www.york.gov.uk/BikeabilityTraining>

What will each child need?

- A completed online consent form. We will not be able to deliver the training if your child does not have a completed form.
- Suitable clothing for the weather conditions (eg coat, gloves if cold)
- Pupils will need to bring a roadworthy bike on the day of training
- We require all children taking part in the training to wear a cycle helmet that fits securely. Loan helmets can be provided for the training on request.

A roadworthy bike has:

- Inflated tyres, as hard as an apple
- Two working brakes
- A well-oiled chain
- A saddle and handlebars which are fixed on tight

For tips on how to check your bike is roadworthy, visit <https://bikeability.org.uk/bikeability-training/get-ready/> . If you are still unsure, please seek the advice of a professional mechanic in advance of Bikeability cycle training.

To complete the online consent form, please scan the QR code, or follow this link: <https://consent.bikeability.org.uk/debt-sip-bio>



The consent form must be completed by Tuesday 9th September.

If you have any further questions, please contact your child's class teacher.

Kind regards,
Miss Cattley
(Year 5/6 class teacher)