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Bikeability Letter to Parents

23.04.2019

Dear Parents

Go Velo is delighted to work with trainees from St Peters RC Primary School helping trainees to learn to live healthy lifestyles. Cycling is one of the easiest, cheapest and most enjoyable ways of keeping fit.

This is why we are offering Bikeability training to all trainees in year 5. Bikeability is cycling proficiency for the 21st century, giving trainees the skills and confidence to cycle in today's traffic conditions. Trainees will complete level 1 at the school playground on the first session, followed by the remaining sessions being held on quiet roads close to the school to complete level 2. Trainees are given high visibility vests to wear during the sessions and we work on a maximum instructor to trainee ratio of 1:6. For further information on Go Velo's Bikeability training visit www.govelo.co.uk/information

All instructors are fully qualified Bikeability instructors, cycling coaches and ride leaders. We are all DBS checked and first aid qualified.

In order to participate, the trainee needs access to a bicycle (in good working order, please!), a helmet (we can provide these) and suitable clothing. If the trainee would like to take part but does not have a bike, we are happy for the trainee to share with a friend. This must be agreed between parents beforehand. It is important that the trainee can already ride a bike before embarking on road safety; however we may be able to teach the trainee to ride during the sessions – please contact your school for information.

Bikeability is split into 2 Levels for Primary school trainees. Level 1 is held on the school playground and is used as fun skills training and to assess the trainee's capability to ride on the road. Please see link to Level 1 outcomes <https://bikeability.org.uk/what/>. Level 2 is on quiet roads close to the school. Trainees must have achieved all Level 1 outcomes during session 1 and be competent, consistent and confident during the on road training in order to pass level 2. School will make provision in class for any trainees that are not ready to attend the on road training. All trainees will receive certificates and badges on finishing the course. The sessions will run on the following dates:

No of Trainees	Date			Time
19	Monday	20	May	10.00 – 12.00 & 13.00 – 15.00
	Tuesday	21	May	10.00 - 12.00 & 13.00 - 15.00

Please contact us if you have any questions.

Yours Sincerely

Kirsti Grayson - Director