



Level 1 & 2 ON-ROAD TRAINING CONSENT FORM

Bikeability is the nationally accredited cycle training scheme backed by the Department for Transport. It takes place primarily on local roads and in trafficked conditions. It is designed to provide trainees with the necessary skills to ride on today's roads.

Level 1: A traffic-free session that focuses on the necessary cycling skills to ride on the road.

Level 2: Focuses on the key skills which enable the trainee to ride on quiet local roads with traffic.

The Avanti Cycling Bikeability Level 1 & 2 course lasts for two full school days and is free to every student. Bikeability is funded nationally through grants from the Department for Transport.

Parent/Guardian please read the course conditions below.

The trainee

To attend the Level 1 & 2 course your child must have a moderate level of bike control and be willing to ride one-handed. If you feel that he/she is not quite ready for this course, please ask that they attend a Learn to Ride course which focuses on developing the basic riding and control skills.

Equipment

Your child should arrive at the training session with the appropriate clothing and accessories for the time of year. This may include gloves and waterproofs or sun cream. In terms of footwear, trainers or school shoes are good while flat ballet pumps, Crocs or flip flops are inappropriate. Please bring a water bottle.

The trainee MUST bring a checked and safe bike.

Your child will not be able to participate if there are faults on the bike that cannot be made safe by the instructor before the training begins.

Please tick that you have checked the 4 key parts on the bike:

- Tyres; must be inflated, not be too worn and the underlying thread must not be visible
- Brakes; The bike must have two working brakes and should stop the bike well
- Gears; if the bike has gears, they must be operative, and the chain oiled
- Fit; the bike must be the correct size for your child.

The trainee MUST have a helmet that fits correctly and is not damaged.

If the trainee arrives without a helmet or if the helmet is found to be unsafe by the instructor, the trainee will not be able to participate. No full-face helmets or helmets that cover the ears or eyes are permitted. If necessary, please tie your child's hair in a low pony tail as it may interfere with the fitting of the helmet. If you have any queries, please speak to the school.

In certain circumstances Avanti Cycling will be able to provide a working bicycle and/or helmet – please speak to your child's school Bikeability coordinator. Avanti Cycling requires at least seven days' notice.

- My child requires a bike.
- My child requires a helmet.

Trainee name: **Age:** **Year Group:**

Please identify any medical or behavioural issues that the instructor should know about. Please note that the course will be held in trafficked conditions and any problematic behaviour may affect the outcomes of the course

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I have read and understood the course conditions

Signature:

Relationship details:

We are committed to protecting and safeguarding your personal data. We comply fully with the GDPR standards.