



Dear Parent or Carer,

### **Bikeability Cycle Training**

I write to inform you that Year 4 children at **Cockfield Primary** have been invited to take part in Durham County Council's Bikeability cycle training programme.

The course, taking place on **Friday 23<sup>rd</sup> September, 2022**, will be held during school hours and consists of a single two hour session. The courses are delivered by professionally trained, qualified, and registered instructors and each participant will receive a certificate and badge at the end of the course.

The aim of the course is to improve skills and road craft and, as such, **all participants must be able to ride a bike to a basic standard.**

All bikes must be in a safe and roadworthy condition i.e. working brakes, chain adjusted correctly, tyres inflated and with good tread and the saddle and handlebars adjusted to the correct height for the child. The bikes will be checked for roadworthiness before the start of training and any defects reported back to parents in order that they may be rectified and the child permitted to continue the course.

Ideally, when seated on a bike, a novice cyclist should be able to touch the ground with at least one foot. If the bike was manufactured with two brakes they both must be present at the time of training.

All children wishing to take part in the course must wear a cycle helmet during training. If you are buying a helmet, make sure it has the EU standard number BS EN 1078: 1997 and includes the name or trademark of the manufacturer. A limited number of helmets may be available for loan. The children will need to wear suitable warm or waterproof clothing, depending on weather conditions.

Please scan the adjacent QR code and complete the online form if you wish your child to take part in the training. Please be aware that children can only receive this vital training if you complete and submit the online form. If you do not have access to the Internet, please complete the following consent form and return it to the school.



Should you have any queries or concerns with regard to the training, please do not hesitate to contact the Road Safety Section on 03000 268169. For more information on Bikeability visit: <http://www.dft.gov.uk/bikeability/>



**Road Safety Section  
Neighbourhood Service**

**Parent Consent Form**

**Cockfield Primary  
Bikeability cycle training**

**Child's name** ..... (please print)

**Class**.....

I .....(name of) Parent /Carer

give permission for my child.....(name)  
to take part in Bikeability cycle training.

In order to allow other children to take part in Bikeability training, I **will / will not\*** allow  
my child's bike to be used by another child. (\*Delete as applicable)

I understand;

1. That it is my responsibility to ensure my child's bike is in good working order and is roadworthy.
2. That the Bikeability instructors have the authority to carry out minor adjustments to my child's bike in order to ensure it is fit for use.
3. That my child **MUST** wear a suitable cycle helmet for all practical elements of the training
4. The completion of the course is not a licence for my child to cycle freely on any road as training only takes place on school property.
5. That it is my responsibility to decide whether or not to allow my child to ride on the road once I am sure he/she is capable of doing so safely.

If there is any health issues you feel the instructors should be made aware of, please state them in the space provided.

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Signed.....(Parent / Carer)

Date: .....