

## Bikeability Consent Form - Level 1 & 2

Your child has the opportunity to take part in Bikeability training. The majority of this training takes place on roads.

Bikeability is the Government's national cycle training programme funded by the Department for Transport based on the National Standard for Cycle Training. Cycling is a life skill with many benefits: it encourages independent mobility, is great for the environment, and improves physical and mental health. Bikeability builds the skills and confidence of people who can already ride and prepares them for a lifetime of cycling. Trained, professional and DBS-checked Bikeability instructors deliver the courses.

Bikeability trains riders to make independent decisions and practice safe and responsible cycling, through:

- Making good and frequent observations
- Choosing and maintaining the most suitable riding positioning on the road
- Communicating intentions clearly to others
- Understanding priorities on the road, particularly at junctions.

All participants receive an official Bikeability certificate including a personal cycle skills profile.

**FURTHER INFORMATION FOR PARENTS:** In response to the current COVID-19 we have prepared an additional Risk Assessment in conjunction with the school, which the school will share with you should you have any concerns. This course is a combined level 1 & 2. The course starts on a playground or similar off-road environment. Your child should be able to ride in a straight line whilst looking behind and ride with one hand whilst keeping control of the bike; if they are struggling with this element of the course we will not be able to take them on the road. This course will give your child a basic level of cycling competence on which they will need to build, and should not be regarded as a guarantee of their safety.

### Course information:

Course dates	To be confirmed
Bikeability Level(s)	Level 1 /2

The instructors cannot alter helmets or bikes due to the COVID 19 outbreak, please ensure your child's bike has been checked and the helmet has been adjusted correctly see links to website below  
For your child to participate in this course you will need to provide the following:

- A **roadworthy** cycle (without stabilisers) with two working brakes.
- A suitable helmet (not full face).
- Suitable clothing for the weather.
- A small bag with a drink, snack, tissues and hand sanitiser.

Important bike, helmet and clothing guidance is available at [www.bikeability.org.uk/get-ready/](http://www.bikeability.org.uk/get-ready/)

## The Bikeability Club

Go online at <https://bikeability.org.uk/bikeability-club/> to join the Bikeability Club which has additional help and resources for your family to continue cycling after Bikeability.

### Please read the following consent information carefully

- Whilst we will follow the government guidelines , parents/carers must accept responsibility for the potential risk of transmission of COVID 19.
- My child can **already cycle unaided for at least one minute without help or stabilisers**, Instructors will refuse participation if this is not the case.
- I am responsible for ensuring my child has a **roadworthy cycle** for training which has **two working brakes**.
- Instructors are not liable for any loss or damage to participants' cycles and other belongings.
- I will provide a **suitable cycle helmet (not full face)** that fits my child's head and adjusted correctly.
- The information I provide below will be processed in accordance with the training provider's European Union General Data Protection Regulation policies.

Childs Name:	
School year:	
Medical conditions or any Special Educational Needs or Disability that the instructors need to be aware of.  Please ensure the instructors know if your child has asthma and if any asthma inhalers are needed	
Parent/carer's signature:	
Date:	

The Safer Essex Roads Partnership will use your information to administer Bikeability. Your information & personal information will be shared with the course instructors for the duration of the course. Information will be retained for the duration of eligibility for Bikeability services. For more information regarding your rights and our commitments visit <https://www.essex.gov.uk/privacy-environment-and-transport>