

## 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 public 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	<b>Course 1: 14<sup>th</sup> and 15<sup>th</sup> October</b> <b>Course 2: 18<sup>th</sup> and 19<sup>th</sup> October</b> <b>You will be informed which course your child has been booked onto.</b>
Bikeability Level(s)	<b>Level 1 /2</b>

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, please check if the brakes are stiff that your child can pull them.
- 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.

## PARENT / GUARDIAN

Please read the following consent information carefully

I understand that:

- I agree to my son/daughter taking part in Bikeability cycle training
- My son/daughter can already ride (cycle training may be refused if not)
- The instructors may refuse to train my child if they deem his/her cycle to be un roadworthy
- It remains my responsibility to ensure my child does not ride an un roadworthy bike and if I am in doubt as to whether a cycle is roadworthy I should seek the advice of a professional mechanic
- Instructors may at any time refuse to continue to train my child if his/her behaviour or cycling ability is deemed unsuitable
- Essex County Council will not be responsible for any injury or disease transmission or liable for any loss or damage to participant's cycles and other belongings
- I agree for my child to wear a helmet, which I will provide
- I consent to the Bikeability instructor 'adjusting' my child's helmet if required, however I confirm they are not responsible for the physical condition or appropriate fitting of the helmet
- I agree to encourage my child to practice after the completion of training

Childs Name & School Year :	
<p>Are there any relevant medical conditions, additional or special educational needs that instructors need to take into consideration when planning and delivering a session?</p> <p>Please ensure the instructors know if your child has asthma and if any asthma inhalers are needed</p> <p>Bikeability Level 2 training only: To take part in Bikeability Level 2 training your child MUST be able to do the following tasks without stabilisers or assistance:</p> <ul style="list-style-type: none"> <li>• Look behind while pedalling in a straight line</li> <li>• Pedal one handed in a straight line (both hands)</li> </ul>	<p>Please confirm your child is able to do these</p> <p><input type="checkbox"/> yes</p>

## Rider characteristics

Delivery of this cycle training is subsidised by The Bikeability Trust. To support the equal delivery and monitoring of training sessions/courses across England the Bikeability Trust is required to collect information about rider characteristics. Please see [bikeability.org.uk/privacy-statement/](https://www.bikeability.org.uk/privacy-statement/) for further details.

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 for the duration of eligibility for Bikeability services will be retained. For more information regarding your rights and our commitments visit <https://www.essex.gov.uk/privacy-environment-and-transport>

Gender	<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Other <input type="checkbox"/> Prefer not to say	
Ethnicity	<input type="checkbox"/> Asian - Bangladeshi <input type="checkbox"/> Asian - Indian <input type="checkbox"/> Asian - Any other Asian background <input type="checkbox"/> Black - Black Caribbean <input type="checkbox"/> Mixed - White and Asian <input type="checkbox"/> Mixed - White and Black Caribbean <input type="checkbox"/> White - Gypsy/Roma <input type="checkbox"/> White - Traveller of Irish Heritage <input type="checkbox"/> White British <input type="checkbox"/> Any other ethnic group - Arab	<input type="checkbox"/> Asian - Chinese <input type="checkbox"/> Asian - Pakistani <input type="checkbox"/> Black - Black African <input type="checkbox"/> Black - Any other Black background <input type="checkbox"/> Mixed - White and Black African <input type="checkbox"/> Mixed - Any other Mixed background <input type="checkbox"/> White - Irish <input type="checkbox"/> Any other ethnic group <input type="checkbox"/> White - Any other White background <input type="checkbox"/> Prefer not to say
Does your child hold SEND status?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Is your child entitled to free school meals?	<input type="checkbox"/> Yes <input type="checkbox"/> No	

I confirm that I have read all the information enclosed and consent to my child (or the above child for whom I take responsibility) to take cycling lessons and related activities, which may include cycle maintenance as well as **riding on the public highway**.

Signed (parent/guardian):
Date: