



1st March, 2022

Dear Parent/Guardian,

Opportunity for your child to receive Bikeability Cycle Training

Westende will be hosting Bikeability Cycle Training for Year 5 children from Monday 3rd May – Thursday 6th May, 2022.

Bikeability is the name for the current National Standard for Cycle Training which replaces the old Cycling Proficiency. It is designed to give children the skills and experience to cycle safely and confidently on today's roads and so the training takes place largely on the roads, with both the instructors and children on bikes.

The training is being promoted by Wokingham Borough Council and is being carried out by fully qualified Bikeability instructors, from a company called Avanti. The training is fully funded by Wokingham Borough Council, so there will be no cost to parents/guardians.

We will run 2 x two day courses in school hours over the four days. Westende will, of course, be looking at the provision of the course and ensuring that Avanti will be endeavouring to follow any new Covid-19 guidelines which may be appropriate at that time.

The course will begin by covering Bikeability Level One which teaches/assesses basic skills such as starting, stopping, signalling and looking behind. Level One takes place on the school playground. Providing they have passed Level One, the children will be taken out on the Wokingham roads to practise Bikeability Level Two which covers road safety, demonstrating road position, looking, signalling and interaction with other traffic. Children are expected to attend both days of the course. Details of the individual timetables will be issued closer to the course date.

The children will be attending both the Level One and Level Two training courses and therefore, there will be an expectation that they can ride a bike already; can balance on their bike, look behind them without wobbling and hold a signal for three seconds.

At the end of the training course, they will either have achieved Bikeability Level One or Level Two. If they achieve Level One, you will receive a feedback form highlighting what your child did well and what they need further practice on, to achieve Level Two at a later stage. On the very rare occasion where a child doesn't go out onto the road, they will receive a Pre-Level One attendance certificate and feedback form.

Your child will need to bring with them for all of their course sessions:

A bike which is roadworthy (a bike check will be carried out on the first day and any bike which is not roadworthy will have to be fixed for your child to continue on the course. A bike check form is attached to help you ensure that your child's bike is roadworthy).

A bike which is the correct size (not too big and not too small).

A cycle helmet (which again must be of the correct size and fit properly).

A padlock (or equivalent) to secure the bike at school. Bikes should not be left overnight at school as unfortunately, in previous years, they have been taken from the playground.

In addition you will need to ensure that your child:

Has sufficient warm/suitable clothing as appropriate, along with suitable shoes. Girls may prefer to wear PE shorts under skirts/dresses or trousers. Children may wear their own sports clothing rather than school uniform for the 2 days of their training if they wish. High visibility tabards will be provided.

Has some wet weather clothing e.g. a waterproof jacket as a minimum and preferably some over-trousers. The training will continue in light to moderate rain but will be suspended if there is a heavy downpour.

In order to secure the correct number of instructors, it is important that we know the number of children who wish to take part in the training. Please complete and return the attached consent form to the School Office by **Tuesday 15th March** at the latest, if you would like your child to receive this training. The Bike Safety Check Form can be used now and immediately before the course to check that the bike is roadworthy.

Kind regards,

Mrs Humphris