

# Kingston and Sutton Shared Environment Service



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Dear Parent / Guardian

## BIKEABILITY LEVEL 1 & 2

**School: Devonshire**

**Dates: Monday 25<sup>th</sup> – Friday 29<sup>th</sup> September 2017**

**Monday 30<sup>th</sup> October – Friday 3<sup>rd</sup> November 2017**

**Monday 6<sup>th</sup> – Friday 10<sup>th</sup> November 2017**

The Head Teacher has agreed a cyclist training courses on the above dates and venue. I have attached important information which sets out the conditions for your child to enrol on a course. Please read this before completing the attached consent and equalities monitoring form which should be returned to the Class Teacher as soon as possible.

Kingston and Sutton Council delivers all cycle training to the National Standard, a benchmark for best practice. The National Standard follows a syllabus with three levels of outcomes, Bikeability Levels 1 – 3. This course will be to Bikeability Levels 1 and 2. Level 2 is an introduction to road riding. Pupils will be taken on suitable local roads and they should Please ensure that your child attends each sessions of a course. Time spent recapping the syllabus can be time consuming and disruptive for the other trainees on the course and affect the outcomes.

Six months to one year after completing the above training, pupils are entitled to complete more advanced, Bikeability Level 3, training session. Please contact us for more details.

I know your child will find the course both helpful and enjoyable. Their instructors are looking forward to meeting them.

Yours sincerely

Eric Chasseray  
Cyclist Training Co-ordinator

To learn more about Bikeability log on to [www.bikeability.org.uk](http://www.bikeability.org.uk)

## School Cyclist Training – Bikeability Level 1 & 2 Information for Parents and Conditions

This course is only suitable for children who have **reasonable control of a bicycle**. This must include starting & stopping quickly, swerving to avoid objects, looking around including behind. It is not suitable for complete beginners.

On these courses we teach **control skills** in an off-road location, before taking the children to **ride on quiet residential roads** where they are taught road position, how to communicate with other road users. Your child will be given the 'Tales of the Road' a simplified but relevant Highway Code for use during theory sessions.

**You must supply a roadworthy bicycle and of the correct size for each day of training.** All bicycle will be checked and we will not allow an unsafe bicycle to be used on the course. In particular, both brakes must work, the tyres must be in good condition and pumped up. The handlebars must be securely attached, fitted with grips and bar end plugs. Each course starts with the trainees being taught the importance of a well-maintained bicycle and how to carry out a simple safety check themselves.

You must provide an **approved cycling helmet** and must ensure that the helmet fits correctly. Match your child's head size to the size of the helmet. The front peak should sit around one inch above your child's eyebrows, all straps should then be tight preventing movement of the helmet on your child's head. Instructors, to the best of their skills, will advise on the fit of your child's helmet, but will not necessarily be able to judge from its appearance if it is in good condition.

Children should be **appropriately dressed** for the weather conditions during the week. It is suggested that a waterproof coat is worn if it is raining and sunscreen if it is hot and sunny. A small bottle of water is advisable when the weather is hot.

Your child's safe **cycling abilities will be assessed** and he/she will be able to attain one of two standards, **Bikeability Level 1 or Level 2**. Their standard will be scored through a mixture of continual assessment during the course and testing on the final day. Each child will be given a feedback form on the last day of the course that will indicate the standard they have achieved and highlight aspects of their cycling that could be improved to increase their safety.

**Certificates and badges** will be awarded, certificates will be sent to your child's school or home address if attending a holiday course. Many Secondary schools in the Borough require children to have the Bikeability Level 2 certificate before they are permitted to cycle to school. If your child reaches Bikeability Level 1 standard it is recommended they re-take the course to improve their safety on the road.

**See overleaf for an outline of the week's programme.**

## Bikeability Level 1 & 2 Training Schedule

Each **course usually lasts 5-day** with 2-hour sessions. **4-day courses** will be run for small groups and there may be variations to this programme depending on weather, children's ability and timing of school breaks.

### DAY 1

Introduction and Highway Code, Part I	<b>Classroom</b>
Bike Checks	<b>Playground</b>
Practical work in the playground	<b>Playground</b>
Basic handling skill	
Using gears	
Stopping and swerving quickly to avoid objects	
Looking all around including behind, without loss of control	
Signalling right and left without loss of control	

Games or a possible snake if time permits.

### DAY 2:

'On road' training at identified location	<b>On-road</b>
Starting and finishing an on road journey:	
Introduction to passing side roads (if time allows)	

### DAY 3:

'On road' training at identified locations	<b>On-road</b>
Passing side roads	
Right turn into Major, Left turn into Minor	
Introduction to Left turn into Major, Right turn into Minor and U-turn	

### DAY 4:

'On road' training at identified locations	<b>On-road</b>
Left turn into Major, Right turn into Minor	

### DAY 5:

'On road' training and trainee evaluation at identified locations	<b>On-road</b>
Right turn into Major, Left turn into Minor	
Left turn into Major, Right turn into Minor	
Pros and cons of cycle lanes (If it can be included)	<b>On-road</b>
Mini Roundabout (If it can be included)	

Theory Test - multiple choice questions	<b>Classroom</b>
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Bikeability certificates and badges are handed to school office.

## CYCLIST TRAINING SCHEME - BIKEABILITY LEVEL 1 & 2

### Consent form

To: The Head Teacher,

I agree to my child taking part in the controlled cyclist training on public roads. I have read and fully understood the document entitled **'School Cyclist Training – Bikeability Level 1 & 2, Information for Parents and Conditions'** and agree to the conditions stated in that document. I accept full responsibility for the child and the bicycle getting to and from the school. Personal details may be used for the purposes of research and monitoring standards.

I will provide a helmet for my child  I require a loan helmet for my child

Child(ren)  
Name(s)


School Year

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Address

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Postcode

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Phone Number

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Email

@																				



Signed

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Date

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Please tell us below about any conditions our instructors should be made aware of so they can best support your child's learning experience. Please also indicate any medication that should be present with your child during training

For example: Allergies/ Asthma/ Hayfever/ Dyslexia/ ADHD etc

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## Monitoring Form – Bikeability Level 1 & 2 – 2016-17

Please help us provide a better service for everyone by completing this form.

**Please tick all boxes that apply to your child.** This information will be kept confidential.

### Ethnicity

What best describe your child ethnic group or background?

#### A White

- English / Welsh / Scottish / Northern Irish / British  
 Irish       Gypsy or Irish Traveller  
 Any other White Background

Please tell us.....

#### B Mixed / Multiple ethnic groups

- White & Black Caribbean     White & Black African     White & Asian  
 Any other Mixed / Multiple ethnic background

Please tell us.....

#### C Asian / Asian British

- Indian       Tamil       Bangladeshi       Pakistani  
 Chinese     Korean     Any other Asian background

Please tell us .....

#### D Black / African / Caribbean / Black British

- Caribbean     African  
 Any other Black background / African / Caribbean background

Please tell us.....

#### E Other ethnic group

- Arab       Any other ethnic group

Please tell us.....

#### F I prefer not to tell you

### Disability and Health Conditions

Does your child have a long-term physical or mental health condition or disability?

- Yes       No       I prefer not to tell you

Any health conditions or illnesses affecting your child in the following areas?

- Vision       Hearing       Physical/Mobility  
 Learning Disability     Mental Health

Other – Please tell us.....

I prefer not to tell you

### Gender

Is your child?     Male       Female       I prefer not to tell you

### Your child's age

- Under 5     5 – 6       7 – 8       9 – 10       11 – 12       13– 14  
 15– 16       I prefer not to tell you

### If applicable, what religion applies to your child?

- Christian     Buddhist     Hindu       Sikh       Jewish       Muslim  
 No religion     Other – Please tell us.....  
 Not applicable / I prefer not to tell you

Thank you!

If you are unable to read this document because of disability or language, we can assist you. Please call the Kingston Council helpline on 020 8547 5757 or ask someone to call on your behalf.

چنانچہ قادر نیسکتے ہیں نامہ را بہ نلیل ناتوانی یا مشکل زبان بخوانید ما مینوانیم بہ شما کمک کنیم . لطفاً خود یا شخص دیگری با شماره کمک شهرداری کینگستون تماس بگیرید.  
تلفن ۰۲۰۸۵۴۷۵۷۵۷ (020 8547 5757)

\* 당신이 신체적인 불편함 혹은 언어 문제로 인해 이 서류를 읽지 못할 경우, 저희들이 돕겠습니다. 킹스톤 의회 상담전화(Kingston Council helpline) 020 8547 5757 로 직접 전화하시거나 혹은 다른 사람에게 전화를 부탁하십시오\*

هنگام توانایی خواندن و فهمیدن این سند را ندارید یا به دلیل ناتوانی یا مشکل در زبان نمی‌توانید این سند را بخوانید ما می‌توانیم به شما کمک کنیم . لطفاً خود یا شخص دیگری با شماره کمک شهرداری کینگستون (Kingston Council) 02085475757 تماس بگیرید.  
یا با کسی که به شما کمک می‌کند با شماره 020 8547 5757 تماس بگیرید.

إن لم تكن قادراً على قراءة هذا النص بسبب اللغة أو أي عائق آخر ، اتصل بنا ف نحن نستطيع مساعدتك. الرجاء الاتصال بخط مجلس كنجستون للمساعدة (Kingston Council helpline) على الرقم 020 8547 5757 أو اطلب من أي شخص آخر الاتصال بنا نيابة عنك.

"ਜੇਕਰ ਤੁਸੀਂ ਅਪਾਰਥ ਜਾਂ ਭਾਸ਼ਾ ਦੇ ਕਾਰਣ ਇਸ ਦਸਤਾਵੇਜ਼ ਨੂੰ ਪੜ੍ਹਨ ਵਿੱਚ ਅਸਮਰਥ ਹੋ, ਤਾਂ ਅਸੀਂ ਤੁਹਾਡੀ ਸਹਾਇਤਾ ਕਰ ਸਕਦੇ ਹਾਂ। ਕਿਰਪਾ ਕਰਕੇ 020 8547 5757 'ਤੇ ਕਿੰਗਸਟਨ ਕੌਂਸਲ ਦੀ ਹੈਲਪਲਾਈਨ 'ਤੇ ਕਾਲ ਕਰੋ ਜਾਂ ਆਪਣੇ ਦੱਲੋਂ ਕਿਸੇ ਨੂੰ ਕਾਲ ਕਰਨ ਲਈ ਕਹੋ।"

Caso você não consiga ler este documento devido a deficiência ou idioma, nós podemos ajudar. Por favor, ligue para o canal de atendimento Kingston Council no telefone 020 8547 5757, ou solicite a alguém para ligar por você.

உங்களால் இந்நக கடிதத்தை படிக்க இயலவில்லை என்றால் தயவு கூர்ந்து கிங்ஸ்டன் உதவி மையத்தை நீங்களோ அல்லது உங்களை சார்ந்த எவராவது தொடர்பு கொள்ளவும்.  
தொடர்பு கொள்ள வேண்டிய எண் 020 8547 5757

ہیں نقابل سے وجہ کسی پڑھنے کو دستاویز اس آپ اگر  
- کرینگے مند کو آپ ہم تو  
020 8547 5757 لائن ہیلپ کاونسل کنگسٹن مہربانی برائے  
کروائے۔ سے کسی یا کیجئے فون ۰۲۰۸۵۴۷۵۷۵۷

Haddii aadan awoodin akhrinta dokumentigan sabab naafada ama luqadda ah, waan ku caawin karnaa. Fadlan soo wac Khadka caawimada ee Kawnsalka Kingston 020 8547 5757 ama qof ku matalaya ka codso inuu na soo waco.

我们可以协助您，如果您因语言障碍或残疾不能阅读此文件。请拨打金斯顿市议会热线服务电话 020 8547 5757 或请求他人来代表您通话。

Në qoftë se nuk mund ta lexoni këtë dokument, për shkak të gjuhës ose ndonjë të metë tjetër, ne mund të ju ndihmojmë. Ju lutem telefonojeni Këshillin e Kingstonit (Kingston Council) në linjën 020 8547 5757, ose kërkoni që dikush të telefonoj në emër tuaj.

« Si vous êtes dans l'incapacité de lire ce document à cause des barrières linguistique ou autre, nous pouvons vous aider. Appelez ou faites appeler le numéro d'assistance du Kingstone Council au 020 8547 5757. »