

Dear Parent/ Guardian,

We are delighted to confirm that your child has been offered the chance to take part in Bikeability cycle training. Bikeability is cycling for everyone. Please see the Bikeability website for more details [www.bikeability.org.uk](http://www.bikeability.org.uk)

What we can offer your child -

- **Learn to Ride - Traffic free, playground based**

If your child cannot ride a bike, please select the Learn to Ride option. This will enable your child to have a 2-hour training session on the school playground with our qualified Bikeability Instructor.

- **Level 1 - Traffic free, playground based**

If your child can ride without any assistance, then they can take part in Level 1. Level 1 is a playground-based session. This level will go through a range of outcomes to enable riders to be more confident on their bikes. If your child passes level 1 they will be able to move onto Level 2.

- **Level 2 - Light traffic, on the roads local to the school**

Once your child has successfully completed level 1, they will be able to take part in level 2 which takes place on the roads local to the school. This may be offered to your child when they reach year 5. This level teaches riders how to ride safely on the road and share the space with other road users. For more information on Level 1 and level 2 outcomes visit [www.bikeability.org.uk/what](http://www.bikeability.org.uk/what)

Your child will need -

- **A working bike.** This includes 2 working brakes and pumped up tyres.
- **A helmet.** Riders will not be able to take part unless they have a helmet.
- **Appropriate clothing for the weather.** Warm weather clothing in the winter and waterproofs, sun cream in the summer. Ideally trainees should wear shorts or trousers and not skirts.
- **A drink and snacks**

Please see the attached consent form that needs to be signed and handed back in to school, if this is not done your child will not be able to take part in Bikeability.

We look forward to working with your child.

Yours Sincerely

**The Big Birmingham Bikes Bikeability Team**