

Rise Park Bikeability Consent Form

Dear Parent/Carer,

We are pleased to offer **Bikeability** cycle training to your child. **Bikeability** has two stages within the scheme; Level 1 and 2 and is delivered by a local accredited cycle training organisation - RideWise. **Places are limited to 16 children only who can participate and will be allocated on a first come, first served basis.**

This course develops the cycling skills and confidence of children who can already cycle. **Riders must be able to ride a bike unaided and without stabilisers for at least one minute, to participate in this course.** To benefit fully from **Bikeability**, your child must attend every session and, where possible, practice what they learn after training.

The **Bikeability Level 1** course helps develop children's skills and confidence in riding their bikes on the playground and prepares them for cycling on the road.

The **Bikeability Level 2** course aims to improve riders' skills and confidence in cycling on quiet roads, using simple junctions with low levels of traffic. It prepares riders for cycling on busier roads and using more complicated junctions. All the riders will have to show the instructors they can do everything at **Bikeability** Level 1 before they can go on the roads for Level 2.

WHAT WILL YOUR CHILD NEED?

- A roadworthy bike without stabilisers (loan bikes can be arranged)
- A helmet (loan helmets can be arranged)
- Suitable clothing for the weather conditions

BIKES & HELMETS

If your child is using their own bike/helmet, you must check that they are in good working order. Bikes must have tyres inflated and the moving parts working well. They **MUST** have two working brakes, and the rider must always be in a seated riding position (e.g. BMX bikes are unsuitable). If your child needs to borrow a bike and helmet, please indicate this on the booking form accessed via the link or QR code below.

CLOTHING

Your child should wear their normal school uniform but be prepared for the weather, e.g. gloves, layers and waterproofs for cold or wet weather, lotion for hot sunny weather.

CLICK HERE TO BOOK: <https://consent.bikeability.org.uk/def-entry-last>

Or use the QR code below:

