

LEVEL 2 Bikeability Training

Dear Parent / Carer

Pupils have been offered the opportunity to take part in two **Level 2** Bikeability sessions on **Wednesday 23rd September 2026** and **Thursday 24th September 2026**, FREE OF CHARGE during school time. The course is delivered by Nationally Qualified Cycling Instructors and Bikeability is an active, fun and trusted outdoor activity.

Bikeability Level 2 teaches children how to grow more confident cycling. The expert instructors will lead riders onto quiet roads, to experience "real" cycling and with our instructors on hand, your child will feel confident and safe. We teach riders to **start and stop** a bike with more confidence, **pass stationary vehicles** parked on a road, **understand the road**: signals, signs and road markings, **negotiate the road**: including quiet junctions, possibly quiet roundabouts and simple crossroads with a road safety awareness in the school locality and **share the road** with other vehicles. Participants will receive a certificate.

Bicycles need to be in a road-worthy condition with a front and rear working brake (no BMX bikes). Please also check tyres have enough air, oil the chain, ensure handlebars are fixed on tight and your child's seat is secure and pointing forward.

Participants must be able to ride (no stabilisers). We also expect all children to wear a helmet during the Bikeability sessions (not a full face helmet as they cannot hear instructions or see to the side). *Parental permission must be given if no helmet is being worn*.*

We advise wearing suitable clothing (gloves/coat) or sunblock subject to weather conditions.

If your child can ride, but does not have a bike, then please indicate this on the consent form and we will liaise with school about trying to bring a bike & helmet for them to borrow.

Please complete the booking form via the link below and return to school before the deadline date as the link will expire on **Monday 22 June 2026**.

<https://everybody.cycleready.co.uk/Invitation/validate/b2cd50dc53bd42d7aa7308dec6c2b41a.8tNhPxsSmyjBY1ZuCA29xr6/iChALslZhodZFzckGwg=>

Expires 22/06/2026

Yours sincerely

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