



Dear Parent/Carer

Bikeability consents have now gone digital!

Please could you fill out the form via the link if you would like your child to take part in the level 1 & 2 course that will start on Wed 4<sup>th</sup> June. It is free.

<https://consent.bikeability.org.uk/cab-dis-rig>

Bikeability Level 1 teaches you to:

- Maintain your cycle: make sure your ride is in tip-top condition and make simple repairs
- Glide: smooth, calm and collected
- Control your bike: including setting off, cruising, slowing down, braking and stopping. You'll even learn to pedal one handed!
- Pedal: without feeling wobbly or out of control, cycling in a group
- Be aware of your surroundings: looking behind and turning around obstacles
- Prepares for level 2, which is out on the roads

Bikeability Level 2 teaches you to:

- Start and stop with more confidence
- Pass stationary vehicles parked on a road
- Understand the road: signals, signs and road markings
- Negotiate the road: including quiet junctions, crossroads and roundabouts
- Share the road with other vehicles

If you need to borrow a bike or helmet, please specify on the form.

If your child cannot ride a bike, please speak to me about what they can do.

Any questions please contact me on the details below.

Many thanks

*Lucy Bemand*

1<sup>st</sup>4sport Level 2 Award in Instructing Cycle Training

DBS, First Aid & Safeguarding Qualified

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