

BIKEABILITY PARENTAL COURSE

INFORMATION AND CONSENT FORM

Give Your Child the Skills and Confidence to Cycle Safely for Life

What is Bikeability?

Bikeability is the national cycle training programme, supported and funded by the Department for Transport, which helps children develop the skills, knowledge and confidence they need to cycle safely and independently. All Bikeability training is delivered by qualified, professional and DBS-checked National Standard Cycle Instructors, who provide high-quality training in line with the Bikeability Trust's National Delivery Guidance. For more information, visit: www.bikeability.org.uk

Parent Consent Forms

Please [CLICK HERE](#) to complete the consent form at least **three weeks before the start of the course**. The Bikeability course will close for new bookings and consent submissions **two weeks before the first training session**. Any consents that have not been completed and submitted through Bikeability Link by this deadline cannot be accepted. This timeframe allows Bikeability Instructors sufficient time to complete the required risk-benefit assessment, allocate pupils to appropriate groups, arrange instructor staffing, and prepare a detailed programme for school staff, pupils and parents/carers. **PLEASE SCAN QR or COPY LINK TO COMPLETE CONSENT FORMS.**



Roskear Primary &
Nursery-Camborne

<https://consent.bikeability.org.uk/stood-his-top>

FURTHER INFORMATION FOR PARENTS To benefit from Bikeability, your child must attend every session and practise what they learn after training. Bikeability skills and confidence will be lost without regular cycling. Bikeability engenders enthusiasm while building skills and confidence to cycle more safely, more often. Please support and encourage your child to continue cycling after training [CLICK HERE for video support](#).

GET READY (Visit bikeability.org.uk/bikeability-training/get-ready/ for more information) Before your course it is really important to have a few things sorted including:

- **Your bike** - make sure you check that your bike is in good working order, with the tyres inflated and the moving parts working well. If you need to take it to a bike shop before-hand, don't leave it to the last minute! **Please remove stabilisers or stunt pegs prior to the Bikeability session**
- **Your helmet** - your helmet should sit on top of your head comfortably, (not too tight or too loose), with the peak sitting about two fingers width from your eyebrows. The side adjusters should sit just below your ears forming a nice V on the side of your head, and the chin strap should allow for two fingers to fit between it and your chin.
- **Your clothing** - wear whatever you would normally wear to school, but you must also be prepared for the weather. On cold or wet days, make sure that you have your coat and gloves, and an extra layer or two. With a change of clothes available, just in case. On warm sunny days make sure you have put on a good amount of sun cream at the start of the day and keep drinking water throughout the day. And a top tip – as you will be using a bit more energy than normal bring an extra snack, also making sure you've had a good breakfast before school.

PRE-COURSE BIKE SAFETY CHECK - Visit bikeability.org.uk/bikeability-training/get-ready/

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Course Descriptors



The **Bikeability Level 1** course helps children get more skilled and confident in riding their bikes in the playground and get them ready for cycling on the road. Riders must be able to ride a bike - pedal and freewheel- to participate in this level.



The **Bikeability Level 2** course aims to improve riders' skills and confidence for cycling on smaller roads and simple junctions without too much traffic. It prepares riders for cycling on larger and busier roads and 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.



The **Bikeability Level 3** course aims to develop riders' skills and confidence so they can ride in some everyday road environments, including busy roads and complex junctions. Riders must have achieved everything at Bikeability Level 2 before moving onto the Bikeability Level 3 course.



The **Bikeability Balance** course is aimed at Foundation and/or KS1 children who cannot ride a bike. This module uses games and balance bikes to equip children and prepare them with the basic balance and co-ordination skills they will need to progress to Level 1. The aims of the balance module are:

- Provide children with positive early experience of using bikes.
- Improve children's cycling skills and awareness of their surroundings.
- Develop children's balance and control skills in preparation for learning to cycle.

To teach children to identify different parts of a bike. **Balance bikes and helmets will be provided**

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The **Bikeability Learn to Ride** module is for both adults and children who are unable to cycle. Sessions will be taught in small groups, in a pressure free environment, by Scheme staff and targets those struggling to master the skill, children who are ready to make the move to riding with pedals after Bikeability Balance or adults who have never learnt to cycle. The aims of the Bikeability Learn to Ride module are:

- More children able to cycle, thus more children cycling into adulthood overall.
- More adults cycling - increases normalisation of cycling and leads to more families/children cycling
- Accelerate learning of very confident/competent younger trainees after Bikeability Balance

Why Bikeability Matters

Your school is giving pupils the opportunity to develop an essential life skill that supports their safety, learning, physical health, mental wellbeing, confidence and independence. Learning to cycle safely is much more than learning to ride a bike. Bikeability helps children become confident, responsible and independent road users, developing skills that can benefit them throughout their lives. Every child should have the opportunity to learn to ride and develop safe cycling skills as early as possible during their primary education. The earlier children build these foundations, the more time they have to practise, gain confidence and enjoy the freedom that cycling can bring.

Cycling is a Life Skill

Learning to ride a bicycle is comparable to learning to swim—it is a skill that can stay with children throughout their lives. Bikeability teaches children how to cycle safely on today's roads while developing:

- Road awareness and hazard perception
- Confidence and control
- Safer decision-making
- Understanding of the Highway Code
- Respect and awareness of other road users

The programme is based on the National Standard for Cycle Training, helping children develop the practical skills and judgement needed to cycle safely in real-life situations. Supporting Children's Learning and Development. Bikeability supports children's wider learning by developing important life skills, including:

- Decision-making and problem-solving
- Risk assessment and hazard awareness
- Listening and following instructions
- Concentration and resilience
- Confidence and responsibility

These transferable skills support children both inside and outside the classroom and help prepare them for future independence.

Improving Safety

Road safety education is a vital part of every child's development. Through Bikeability, children learn how to:

- Carry out basic cycle safety checks
- Ride with control and confidence
- Position themselves safely on the road
- Communicate clearly with other road users
- Recognise and respond to hazards

- Apply the principles of the Highway Code

High-quality cycle training helps children develop the skills and confidence needed to make safer choices when cycling and travelling independently.

Physical and Mental Health Benefits

Cycling is an excellent way for children to stay active while supporting their overall wellbeing. Regular cycling can help children develop:

- Improved fitness and physical health
- Better balance, coordination and motor skills
- Increased confidence and self-esteem
- Reduced stress and anxiety
- Improved mood and concentration
- Positive lifelong habits around physical activity

Encouraging children to cycle also supports active travel and provides opportunities for families to spend time together outdoors.

A Shared Responsibility

Schools, parents and carers all have an important role in helping children become safe, confident cyclists. By encouraging children to learn to ride early, practise regularly and take part in Bikeability training, we are investing in their safety, health, confidence and independence.

Building Independence and Confidence

As children grow, developing independence becomes increasingly important. Bikeability helps pupils build:

- Confidence in their own abilities
- Personal responsibility
- Independence
- Awareness of their local community
- Sustainable travel habits

For many families, cycling can provide an affordable and accessible way for children to travel to school, activities and visit friends safely.

Why Early Access Matters

Bikeability should not be seen as simply a summer-term activity or a reward after SATs. It is an important life skill that children should have opportunities to develop throughout their primary education. If cycling opportunities are only offered in the final year of primary school, some children may miss out because they:

- Have not yet learned to ride independently
- Join a school at a later stage
- Are absent during the training period
- Have limited opportunities to practise outside school

Introducing cycling skills early allows children to develop gradually, build confidence at their own pace and progress towards becoming independent cyclists.

Supporting Every Child

Bikeability supports national priorities around:

- Road safety education
- Active travel
- Children's physical activity
- Mental wellbeing
- Sustainable transport

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- Personal development
- Environmental awareness

The Bikeability Trust promotes inclusive cycle training, ensuring that children of all backgrounds and abilities have the opportunity to develop these valuable skills.

Bikeability is not just about riding a bicycle—it is about giving children the skills, knowledge and confidence to travel safely, make informed decisions and enjoy the lifelong benefits of cycling.