

Bikeability Outcomes

Level 1

Level 1 is designed for years 3, 4, 5 and 6. The focus is on fun and sessions are delivered in an off-road traffic free setting – typically a playground. Outcome based.

Sessions include:

- Carry out a simple bike safety check
- Adjusting a bicycle and fitting a helmet
- Getting started – basic bike control skills
- Use of brakes and gears

Level 2

Level 2 is designed for years 5, 6 and above and is outcome based.

The main objective is to allow trainees to develop the skills which allow them to cycle on quiet roads including;

- Starting and finishing an on-road journey
- Understanding how and when to signal their intentions to other road users
- Understand the correct road positioning
- Demonstrate good observations at all times

Level 3

Level 3 is aimed at age 11 and above and equips trainees with skills for more challenging roads including:

- Journey Planning
- Complex multi lanes
- Traffic lights
- Roundabouts and junctions



Bilsthorpe Depot, Bilsthorpe Business Park
Nottinghamshire NG22 8ST
Tel: 0115 977 4373
Email: cyclesafety@viaem.co.uk
Visit: www.viaem.co.uk/services/road-safety/bikeability-cycle-programme

D&P/04/24/VIA/8122

in partnership with



Bikeability Core

Level 1 ☐

Level 2 ☐

Level 3 ☐

Other Bikeability Modules ☐

Cycle Training Courses

VIA East Midlands Ltd working in partnership with Nottinghamshire County Council is pleased to offer Bikeability cycle training.

The training courses aim to:-

- Help improve ability and confidence to participants
- Help participants to check their cycle is safe to ride
- An introduction to the Highway Code

Bikeability Core Levels – aims and outcomes: please refer to www.Bikeability.org.uk

For further information please see Guidance Notes for Parents (copy held in schools.)

Cycles

Balance Bike Module – bikes and helmet provided.

Learn to Ride Module – can use own bicycle (not essential).

Cycles must be the right size for the participant to use. All participants must have a bicycle in working order (two working brakes). Parents/carers must ensure that the cycle is roadworthy and that any faults are repaired before commencement of the training. Due to time constraints, only minor adjustments can be rectified during lessons. Stunt pegs can cause injuries: we ask that they are removed before training.

All bikes should have red rear reflector and white front reflector. In low level light conditions it is recommended that bikes have lights fitted.

Cycle Helmets

It is our policy that cycle helmets are worn by all taking part in any cycling activity. Please ensure helmets are adjusted to ensure they are fitted correctly and ready to wear before the start of training. Written permission is required from parents/carers to opt out and the responsibility for any potential head injury is therefore the responsibility of parents/carers.



Cycling Ability

Balance Bikes / Learn to Ride, these courses are designed for non-riders.

Level 1 participants must be able to cycle 10 metres, unaided and without stabilizers.

Level 2 participants must have completed the Level 1 course.

Level 3 participants should have preferably completed Level 2.

Attendance

Participants must attend all sessions.

Supervision

For limited periods of time during the Bikeability course there will be periods where school staff members are not present but will be close by and contactable if required.

Assessment

Participants will be assessed throughout the training. All riders will receive a badge and certificate showing their progress.

Level 2 training covers the basics of safer cycling on-road. Parents/Carers must not assume that a child can cycle in traffic, you must be satisfied they are confident and able to do so.

Accessibility

It must be drawn to the attention of the Road Safety Office if there are any special needs or disability requirements, this will enable reasonable adjustments to be made where possible. Further support may be required from the school to facilitate this.

See **Guidance Notes for Parents leaflet**

Further Information

Further information about safer cycle riding can be obtained from the Via EMidlands website; www.viaem.co.uk or Bikeability website www.bikeability.org.uk or the Guidance for Parents leaflet which can be found at the school/venue.

Feedback/Evaluation

We aim to provide the best possible training and we constantly review the road safety training we offer. Our aim is to make sure that the cycle training offered is as effective as possible in preparing participants to cycle with more confidence. To help us do this we welcome any comments you may have on the training we deliver.

Any feedback can be sent to the address below.

Are you interested in becoming a Cycling Instructor?

If you are interested in becoming a Cycle Instructor, please phone 0115 977 4373. Full training and support is given to all our instructors.

First Aid

Safety is at the heart of our training and all our Instructors are trained in Emergency First Aid (renewed every 3 years). Instructors will carry a First Aid kit for minor injuries. Bikeability Instructors have mobile phones and will have the school contact details should the need arise.



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If you wish your child to take part in the cycle training course please complete this section and return it to the school/venue.

Trainee's first name _____

Surname _____

Age _____

Emergency contact phone no _____

School _____

Neither Via East Midlands Ltd or the venue/school can accept responsibility for the safety of the participant riding their bikes to the venue of the cycle training. Best advice is that they are accompanied by an adult and/or push their bikes to and from the training venue/school.

I give authority for the above named to take part in the cycling course. I have read and understand the conditions and guidelines given. I will ensure that the cycle used is suitable and in a road worthy condition including two working brakes.

Signed

Parent/Guardian
Or Over 18 Years Old

Date

Whilst VIA has Public Liability insurance this coverage is only for accidental injury/loss where negligence on the part of Via East Midlands Ltd can be proven.

Where a school is organising the course, there may be a personal Accident insurance in force as well and you may wish to check this with the school.

You may therefore wish to take out your own insurance as you feel necessary.

