

## **BIKEABILITY LEVEL 1 PARENT AND CARER INFORMATION AND CONSENT**

***Bikeability Level 1 Cycle Training improves balance and control skills and takes place in a traffic-free area.***

It is suitable for those who have just learned to ride and no longer use stabilisers. It is not suitable for those who have not yet learned to ride a bike. If your child is unable to ride a bike, then we may be able to offer 'Learn to Ride'.

The course is run to the National Standard for cycle training and includes skills such as starting and stopping safely, steering, using gears, looking all round whilst keeping control and controlling the bike with one hand.

At the end of the course, your child will receive a certificate showing which skills they have successfully demonstrated.

Our instructors are accredited to the National Standard, are trained in First Aid and have DBS clearance.

A helmet will cushion a blow to the head within the limits of its design standard. We very strongly recommend that your child wears a helmet. Please also check to see if your school has rules about wearing helmets.

### Conditions

- a. Bikes must be in a mechanically safe condition; *please check your child's bike as we cannot make repairs*. BMX bikes are allowed but both brakes must be fitted.
- b. If a trainee's behaviour endangers the safety of themselves or others, they will not be able to continue the course.
- c. If a trainee is unable to ride a bike, they will not be able to continue the course.

### Use of your personal information

- a. This consent form: the school looks after this consent form.
- b. Course register: the school fills in the trainee names on our course register template and provides a copy for the Instructors. Instructors carry the register with them whilst teaching. At the end of the training, a register with final outcomes against each child's name is handed to the school who scan it and email a copy to the cycle training office. The Instructors also copy each child's name and the outcomes they have achieved on to the certificate given to the child. We store completed registers in our office for two years and then dispose of them securely. The reason we store them is so we can respond to any subsequent parental or school enquiries, such as a request for a replacement certificate.

- c. Medical or other needs: on arrival at the school, Instructors will ask the school office if any of the trainees have medical or other needs they need to know about to ensure the trainees' welfare.
- d. We never pass personal information on to third parties.

**I give consent:**

- For my child to participate in cycle training.
- For my personal information to be used as described above.

**I agree to the other conditions in this consent form.**

**If you give your consent and you are the child's parent or carer, please sign your name:**

..... Date: .....

**Please also print your child's name here**

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Please return the completed form to the school office in order for your child to be enrolled on the course.