



Bikeability Level 1 Cycle Training

Cycling Proficiency for the 21st Century

What is Bikeability Level 1?

This exciting and fun introductory course is designed to help improve children's cycling. They will learn cycling skills to give them confidence on their bike and help develop bike control.

Please note children taking part in Bikeability level 1 must be able to ride a bike unaided.

For more information regarding Bikeability go to www.bikeability.org.uk

How much will it cost?

The course will cost £10.00 per child and includes up to 2 hours of fun cycling skills within the school grounds.

What should I do next?

Complete the consent letter and return the form with payment to the Teacher or school office

What do I need to have for my child to take part?

- A bike with 2 working brakes and no stabilisers
- A correctly fitted helmet
- Suitable clothing for weather on the day (i.e: Lightweight waterproofs if wet and gloves if cold)
- Sun cream to protect from sunburn when hot
- Sensible footwear

The Bikeability Club

Go online at www.bikeability.org.uk to join the Bikeability Club, for lots of extras including: how to get a free cycle check before training, and chances to win a new cycle! There is also additional help and resources for your family to continue your cycling journey after Bikeability.

HAPPY CYCLING FROM YOUR BIKEABILITY TEAM!!!!

All courses that the Road Safety Team deliver are also available during school holidays at Eastbourne Sports Park. To find out more regarding costs and how to book your place, contact cyclctraining@eastsussex.gov.uk

email: cycle.training@eastsussex.gov.uk

Visit us at:





BIKEABILITY LEVEL 1 - CONSENT FORM

School:

Date of Course: Course Times:

Course Duration: up to 2 hours Cost £10.00

Please return the signed consent form to the school to confirm your booking.

Payment for the course: PLEASE MAKE PAYMENT ON PARENTPAY

Child's Name: Class:

Parent/Guardian's Name:

Contact Number/Email address :

I understand instructors are not responsible for any injury or liable for any loss or damage to participants' cycles and other belongings.

I agree for my child to have photos taken for media promotion of the event

I give permission for my child to take part

My Child is able to ride a bike unaided

I can confirm that I am happy for mine and my child's personal data to be processed in line with terms set out in the Privacy Notice (visit the below link or ask your school for a copy).

www.eastsussex.gov.uk/privacy/cycle-training/

Please let us know if your child has any special requirements (medical or behavioural) that the cycle trainers will need to be made aware of, or that may have an impact on their cycling ability.

Please provide details below including any medication that your child may require during the course:

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PLEASE NOTE CYCLE TRAINERS HOLD EMERGENCY FIRST AID AT WORK QUALIFICATIONS BUT ARE NOT TRAINED TO ADMINISTER MEDICATION; OTHER ARRANGEMENTS WILL HAVE TO BE MADE VIA THE SCHOOL

Signed: (Parent/Guardian)

Date:

email: cycle.training@eastsussex.gov.uk

Visit us at:

