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Croydon Bikeability Holiday and Half Term Cycling Courses

Pre Course Information, Booking and Consent Forms

This information sheet tells Parents/Guardians about the course and the actions they need to take to ensure their child can participate and gain the most benefit from doing so.

The Course

Bikeability Level 1

Suitable for children in school years 3 & 4 (7 – 8 year olds)

Participants gain the skills and confidence needed to participate in a level 2 course. Taught entirely off road, with lots of games.

Bikeability Level 2

Suitable for children in school years 5 & 6 (9 – 11 year olds)

Participants gain the skills and confidence to make an on road journey to and from school using quiet roads.

It uses an incremental training scheme based on the levels established by the National Standard for Cycle Training and is as realistic as possible.

The course uses combinations of demonstration, drills and games to impart and embed the required knowledge and skills.

When ready, trainees cycle on road accompanied by the Instructors to the various drill sites and learns how to interact with other road users in a safe and responsible manner.

Bikeability Level 3

Suitable for school years 5 and above. All Bikeability Level 2 outcomes must be achieved to be eligible for this course. Participants will learn how to make a journey on busier roads.

The course is fun and enjoyable.

Numbers

7 trainees can be trained on a course

Ability

Trainees must be able to cycle unaided

Attendance

Trainees must attend, every day the course runs. Training is incremental and sequential. If trainees do not attend one session, they may not be able to take part in following sessions.

Equipment

Trainees must have their own roadworthy bikes or indicate they need to borrow one where applicable.





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Bikes must be in a roadworthy condition
We supply Helmets and Hi – Viz tops
Helmets are retained by trainees at the end of the course.

The helmet should conform to BS EN 1078:1997. Full face helmets designed for BMX riding are not acceptable as they restrict the riders' ability to look behind them properly.
We supply Hi – Viz tops which must be returned at the end of the course

Behaviour

We require good behaviour from all trainees. If instructors believe a trainee may be a danger to themselves or the group, the instructor may exclude the trainee from the course. The Instructors' decision is final.

Schedule

Courses take place on consecutive days.
9.30 – 14.00
Please provide a packed lunch, for supervised lunch break

Cost

Courses are free. Paid for by Croydon Council.

Cancellation

If a course has to be cancelled, we will contact you by telephone. Please make sure you put a mobile phone number on your consent/booking form.

What to wear

Trainees need to be appropriately dressed for the weather that day.

Consent Forms

All trainees must have a consent form signed by a parent or guardian to participant in training. This is not negotiable. It is a requirement of Croydon Council. No consent form, no training.

Bikeability

This course and Cycling Instructor Ltd is Bikeability accredited.
Trainees will receive a printed certificate and badge. These are posted to your home address, after the course is completed. Please ensure your address is on the consent form and is easy to read.
Unless trainees attend every session of the course, it is unlikely they will achieve the level needed to receive an award.





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On Road Consent Form

Bikeability level 1/2/3 course (Please tick)

Dear Parent/ Guardian

Your child will be taking part in an on road cycling course. This form must be completed and sent to Cycling Instructor Ltd before they can take part in the training

I (name of parent or guardian): (Please Print)

Consent that my child can take part in a cycle training course

Name of Child:

Child's Age:

Address Line 1

Address Line 2

Address Line 3

Postcode

During the course my child will

Wear Hi-Viz clothing supplied by Cycling Instructor Ltd

Please circle one of the following:

1. I give permission for my child to make his/her own way home alone from the course

2. My child will be collected from the course;

Name & telephone number of person collecting them

Medical or Behavioural conditions that the Instructors should be aware of:

I agree that:

I will supply a roadworthy bicycle for my child or indicate they will need to borrow one.

I will tell Cycling Instructor Ltd about any medical or behavioural conditions my child has that may affect the training course.

Taking a cycling lesson does not mean that it is safe for my child to cycle or fix a bicycle in all circumstances. To become a proficient cyclist or mechanic takes more practice than lessons of this kind can provide.

By the very nature of outdoor activities it may be necessary for staff to physically interact with children, e.g., help fit helmets & Hi-Viz vests, to prevent a fall or administer first aid. This is in the interests of your child's safety.

Level 2 and above training takes place on the road.

I should think about personal accident insurance for my child.

Cycling Instructor Ltd is not responsible for any injury, loss or damage, which may occur during the journey to or from these courses.

My child may be photographed during this course and the image could be used in publicity for Cycling Instructor Ltd and the funding organisation.

Signed :

Date :

Emergency contact number (s):