



Dear Parents/Carers,

We are excited to announce that **your child's school is taking part in a Bikeability cycle training course!** 🚲

Monday 8th September and Tuesday 9th September

Bikeability is a **fun and empowering experience** that helps children develop practical cycling skills, build confidence, and learn how to ride safely on the road. Think of it as the modern version of cycling proficiency – but even better! ☀️

This nationally recognized program teaches children to be **safe, responsible, and independent cyclists**, opening up opportunities for active travel, better health, and a lifelong love of cycling.

What is Bikeability?

Bikeability has **three award levels**, each designed to help children improve their cycling skills, no matter what experience they already have. The course takes them from basic bike control through to safely cycling on the road. 🚲 🏆

We will be delivering **Level 1 and Level 2** in this upcoming session.

What will my child learn?

✓ Level 1 (Confidence & Control – Playground-Based)

Your child will learn to:

- Control and balance their bike confidently.
- Start, stop, and pedal smoothly.
- Look all around while riding.
- Use gears and avoid obstacles safely.

✓ Level 2 (Road Skills – On Local Streets)

Once your child has mastered Level 1, they'll progress to:

- Navigating real-life roads safely.
- Understanding traffic and typical road hazards.
- Communicating clearly with other road users.
- Learning safe cycling techniques for journeys like getting to school or the shops.

📌 **Important:** To take part in Level 2, your child must first demonstrate they have met all Level 1 skills. If an instructor feels a child is not quite ready for on-road cycling, they will stay at school for additional support and receive constructive feedback with their **Level 1 certificate**.

What does my child need to take part?



To ensure the best experience, please make sure your child has:

- A roadworthy bike with two working brakes.
- A correctly fitting cycle helmet.
- The ability to ride confidently without stabilisers.

If your child does not have access to a bike, please contact the school, as **limited bike hire options may be available**.

What should they wear?

- ◆ Comfortable clothing suitable for cycling.
- ◆ Waterproofs or a change of clothes if wet weather is forecast.

Consent & Next Steps

To take part, **you must complete the digital consent form below** before the deadline, this is 3 weeks before the first day of the training. The consent form covers all Bikeability levels (including Bikeability +) and is valid for the full academic year.

<https://consent.bikeability.org.uk/cream-see-arc>

Don't miss out on this fantastic opportunity for your child to gain essential cycling skills, build confidence, and have fun! 🚲 🎧

If you have any questions, please don't hesitate to get in touch.

Best regards,

Bikeability Bolton Co-ordinator

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