



**Bikeability Cycle Training**



Dear Parent /Carer,

A **Level 1 playground-based Bikeability** cycling course, in partnership with Lime, will be run at **your school on the following dates:**

**Level 1 is a course for children who can already cycle on two wheels without help.** Our instructors use a series of games to teach children how to control their bikes safely. They will learn how to signal, do an emergency stop and be aware of what is around them. It is good preparation for our Level 2 Bikeability course, which we teach during Year 5 and 6.

If your child is a complete beginner, please tick the beginner box – we may be able to provide sessions for beginners.

Your child is welcome to bring their own cycle, or one can be provided by the council. Please make sure **both brakes** are working properly and **pump the tyres** if you can. If there is a problem with your cycle then the instructors will try to fix it, but unsafe cycles will not be used during the training. Islington Council strongly recommends that your child use a helmet but allow parents/guardians to choose. Again, we can provide helmet if you would like us to. There is no charge.

**As a parent/carer, if you would like to learn to cycle or improve your confidence for free, please apply via our website** https://islington.coordinate.cloud **or call Bart Smith on 07977 267 282. As well as free adult 1-1 cycle lessons we offer free family sessions and children’s session in the holidays.** 

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Child’s name (PLEASE PRINT IN CAPITALS): Child’s age:

**I give permission for my child to take part in the Bikeability Level 1 off-road cycling course, if there is a place available. I understand that my child will need a working bike and a helmet to take part. I give my consent for my child to use a council bike and helmet if they do not have their own.**

 **My child can ride a bike without any help** 🞏 *or* **My child is a beginner** 🞏

 **My child will use their own helmet** 🞏

 **My child will use their own bike** 🞏

 **Other children can borrow my child’s bike** 🞏

 **I want my child to wear one of Islington’s helmets during training** 🞏

 **My child has special needs or a medical condition (please write details in box below)** 🞏

Parent / carer name:

Parent / carer signature: