

## **Bikeability School Cycle Training Frequently Asked Questions**

### **What is Bikeability?**

Bikeability is today's cycle training programme. It's like cycling proficiency, but better! It's about gaining practical skills and understanding how to cycle on today's roads. Bikeability gives everyone the skills and confidence for all kinds of cycling.

There are three Bikeability levels, each designed to improve cycling skills and confidence. **Bikeability Levels 1, 2 and 3** take children from the basics of balance and control, all the way to planning and making an independent cycling journey on busier roads.

### **How does Bikeability work?**

Bikeability cycle training takes place during the school day and is delivered by qualified National Standard Instructors. Bikeability Levels 1 and 2 are typically delivered across several sessions on consecutive days throughout one week.

#### **Bikeability Level 1**

The Bikeability Level 1 course is the first, introductory stage of Bikeability, intended for children in Year 4 and below. Bikeability Level 1 is delivered over a two-hour session, taking place in a safe place such as a school playground, in groups of up to 12 children. Children are taught to control and ride their bikes in a traffic free environment.

During Bikeability Level 1, children will learn to:

- Prepare themselves and their bike for cycling
- Get on and off their bike without help
- Start, pedal and stop with control
- Use gears and avoid obstacles
- Look all around and behind, staying in control of their bike
- Share space with pedestrians and other cyclists



#### **Bikeability Level 2**

The Bikeability Level 2 course is designed for children in years 5 & 6 who have already achieved Bikeability Level 1. Children will complete 6 hours of Bikeability Level 2 training, broken down into 3-4 sessions over consecutive days. The course is designed to give children the skills and confidence needed to ride on local roads, of the type that are often found around schools. In groups of up to twelve children, supervised by two qualified National Standard Instructors, children will be taught how to safely deal with traffic on short journeys, such as the trip to school or the local park.

During Bikeability Level 2, children will learn to:

- Prepare for on-road cycling.
- Start and finish an on-road journey.



- Recognise typical hazards.
- Let others know what they're about to do, e.g. through hand signals.
- Know where to position themselves on the road.
- Pass parked vehicles and side roads.

### **Bikeability Level 3**

The Bikeability Level 3 course is designed for children in years 7 & 8 of secondary school, who have successfully completed Bikeability Level 2. Level 3 can also be delivered to children in year 6 who have also completed Bikeability Level 2 and are about to transition to secondary school. Level 3 is delivered over two hours and teaches children how to cycle on busier main roads, and to negotiate hazards such as traffic lights and roundabouts. This is delivered on a one-to-one basis or in small groups of up to three children, allowing the Instructor to tailor the content to each child's individual needs, such as their route to school.

During Bikeability Level 3, children will learn to:

- Prepare for a journey
- Understand advanced road positioning
- Pass queuing traffic
- Perceive and deal with hazards
- Understand driver blind spots
- React to hazardous road surfaces



More details on the National Standard for Cycle Training can be found at <https://bikeability.org.uk/>

### **Who will carry out the Bikeability cycle training?**

Cycle Experience Limited are appointed by your Local Authority, having successfully demonstrated the ability as an Approved Bikeability Scheme Provider (appointed by the Department for Transport) to work with schools to deliver Bikeability cycle training.

Cycle Experience has delivered cycle training to children and adults for many years and works with Local Authorities, Public Sector bodies and commercial organisations throughout the UK.

To find out more about Cycle Experience Limited, please visit our website [www.cycleexperience.com](http://www.cycleexperience.com)

### **Will children participating in Bikeability be kept safe?**

Yes, our primary concern is the safety and wellbeing of each child participating in Bikeability cycle training. Cycle Experience's approach to managing the safety of each participating child is formally recognised through our OHSAS:18001 Occupational Health & Safety Management System accreditation.

Each Cycle Experience Instructor is required to complete formal Health & Safety training, hold an enhanced Disclosure and Barring Service (DBS) check, as well as current Safeguarding and First Aid

qualifications. Instructors will also ensure that all necessary risk assessments are carried out before any cycle training is completed.

Cycle helmets are to be worn by all children participating in cycle training (please see enclosed cycle helmet leaflet for more information). Cycle Experience will provide each child with a high visibility tabard to enhance their visibility to other road-users.

All children must pass Level 1 in order to progress to Level 2, which incorporates riding on local roads. We will not progress any child onto any element of on-road training unless our Instructors feel they are able to cycle competently, consistently and confidently.

### **What will children need to take part in Bikeability cycle training?**

Full details of what each child will need to participate in Bikeability are provided in our parent/guardian consent and information pack. Each child must have a parent/guardian consent letter signed and returned to the school to be eligible to take part in Bikeability cycle training.

Cycle Experience asks that each child uses their own bike to participate in Bikeability training, having used our Bike Safety Check guide to make sure that the child's bike is correctly sized and safe to use in Bikeability training. Prior to the start of each Bikeability course session, Cycle Experience's Instructors also perform a Bike Safety Inspection to confirm the suitability of each bike. Parents/guardians must make the school aware prior to the Bikeability course start if a suitable bike is not available. In some instances, either the Local Authority or Cycle Experience may have alternative arrangements for children that do not have a suitable bike.

Children must also be appropriately dressed for the weather conditions (hat, gloves, scarf in Winter, sunblock during hotter Summer months), wear appropriate footwear and provide their own cycle helmet.

### **What are the benefits of Bikeability?**

Cycling is a life skill and learning to ride a bike is a rite of passage. Encouraging any child to ride a bike while they're young helps to establish healthy exercise habits that are likely to stay with them for life. Riding a bike not only improves physical fitness, it also benefits a child's learning development.

Taking part in Bikeability means that children are getting ready to enjoy the many benefits of cycling, providing the skills and confidence to travel independently as well as enjoy fun rides with friends and family.

Bikeability prepares school children to safely cycle everywhere that cycling is permitted, as well as contributes to delivering the transport, environmental, health and economic benefits that more people cycling promises throughout the UK.

## **Celebrating achievement**

At the end of each Bikeability course, children will receive a Bikeability branded badge and a certificate in recognition of the level they've achieved. Cycle Experience will also supply digital certificates which the school can use to celebrate the achievement of pupils during an assembly or other school event such as parent evenings.

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