



Bikeability Training



Dear Parent/Carer,

We are delighted to let you know that we will be able to deliver Cycling Scotland's Bikeability Level 2 Training for your child in June.

A key aspiration of the Scottish Government's 'Cycling Action Plan for Scotland' (CAPS) for all primary schools is to undertake on-road cycle training. We would very much like to afford this opportunity to all of our P7 pupils and therefore encourage all pupils to participate in the Bikeability Training if at all possible. We understand that, for a variety of reasons, this may be difficult or tricky for you. If you would like to discuss any aspect of Bikeability with us or if we can provide assistance to your child in relation to access to a bike or any other matter, please don't hesitate to get in touch with either myself or Mrs Donaldson at your earliest convenience and we will do our very best to help.

What will the training involve?

In order to comply with current COVID-19 guidance, training sessions will take place during two weeks in June. In the first week, the sessions will take place in the playground and will consist of two 1.5 hour sessions. During the second week, each class will spend one full day carrying out "on the road" sessions within areas that have been fully risk assessed – please see attached maps.

Why Train On-Road?

Cycling is a life skill and undertaking on-road cycle training has a number of significant advantages:

- It gives pupils experience and confidence when cycling in traffic.
- It improves observation skills and road safety awareness.
- It improves participant concentration levels.

Is It Safe?

Bikeability 2 teaches children the skills required to cycle safely on the road. The roads the children will cycle on are near to the school, risk assessed and are in a controlled environment under the supervision of trained adults. Strategically placed signs forewarn drivers that a training session is underway and all the children wear high visibility tabards.

What do the children need?

It is essential that all children **wear a helmet** during training sessions. Please watch the video in the link below for a guide to ensure that your child's helmet fits correctly.

<https://www.cycling.scot/resources-view-video/4?filter=video&category=nursery-school>

All bikes should be roadworthy and safe to ride and should meet the bike safety check criteria: **fully functioning front and rear brakes, inflated tyres, a red rear reflector and a white front reflector**. Please watch the video in the link below for instructions on how to check to ensure that your child's bike is in good working order.

<https://www.cycling.scot/resources-view-video/13?filter=video&category=nursery-school>

More information is contained in the 'Rider's Guide' and the 'Parents' Guide' which your child brought home with them today. Both booklets contain important information that your child will use as part of the training scheme.

Please note that, it is the sole responsibility of parents to ensure your child and his / her bicycle get safely to and from school.

When will training take place?

A combination of Cycling Scotland instructors and school staff will deliver the training on the following dates.

Training Days

Training will take place during the first two weeks in June on the dates detailed below.

P7a

Thursday 3rd June – Playground sessions
Monday 7th June – On the road sessions

P7b

Tuesday 1st June – Playground sessions
Tuesday 8th June – On the road sessions

P7c

Wednesday 2nd June – Playground sessions
Friday 11th June – On the road sessions

Although pupils will be receiving instruction at school, it is also very important that your child practises the cycling manoeuvres between training sessions and we thank you for encouraging this at home. The link below will take you to Cycling Scotland's website where you and your child can view short videos that explain the different skills the children will be learning.

<https://www.cycling.scot/resources/nursery-school?page=1&filter=video>

As children bring their bikes to school at their own risk, we would advise that they bring a locking chain to allow their bike to be secured within the school grounds. Children should dismount their bike at the school gate and walk with their bikes whilst in the school grounds.

I am sure the children will thoroughly enjoy the challenge this training provides and will gain the necessary life skills and confidence when cycling on the road. If you have any further questions, please do not hesitate to contact me through the school office on 0141 570 7260 or by the usual school email system.

Please click on the form link below to confirm that you are happy for your child to participate in the Bikeability training sessions.

<https://forms.office.com/r/d2HSVM9hhn>

Kind regards,

Stuart Bryce
Principal Teacher