

Important Notes – Bikeability Training Programme

What exactly is Bikeability 1

It is the start of our quality assured cycle training programme teaching children cycle equipment safety checks and basic bike control skills in a traffic free setting (*please refer to the Rider's and Parents' Guides*).

What exactly is Bikeability 2

It is the core level of the programme. The focus is on making short journeys on quieter roads with an emphasis on signalling and observation (*please refer to the Rider's and Parents' Guides*).

In P7 we complete the training with a park run and cycle run focussing on a refresher of BA2 plus longer journeys within the village.

What parents are expected to do :-

- Ensure the bike is safe and in the correct working order to cycle to/from school as well as for each training session. If at any point during the training period a bike and helmet are not road worthy/safe your child will not be able to take part in the session.
- Ensure your child wears a cycle helmet plus clothing (including jacket & footwear) appropriate for cycling in cold and wet weather conditions (we suggest gloves are also worn in colder weather).
- Check and ensure your child complies with what is expected of them (*please refer to next section 'What pupils are expected to do'*).

What pupils are expected to do :-

- Cycle on the pavements and not on the road whilst being respectful to all pedestrians and acting in a safe manner at all times.
- ALWAYS wear their helmet.
- NOT cycle around the school perimeter or in the playground and to always dismount the bike to cross roads.

PLEASE NOTE - if any child is seen to not demonstrate the safe practices taught, whether it be at school time or out with, they will be withdrawn from any future participation in the programme.

Important Notes – Bike Service Session

(not offered for the park/cycle runs)

What exactly is the Bike Service session

It is a bike maintenance session occasionally offered to us. We arrange the session a week or so prior to the start of the training. The aim is to check the bikes are road worthy and safe, with a greater focus on checking gears and brakes. In order to allow this the basic checks of tyre pressure and correct seat heights etc **MUST** be done at home. **Also all bikes MUST be fitted with front & back reflectors, front & back lights, a bell and plugs in the ends of the handlebars (this is especially important in the darker and colder months).** They will let us know of any major repairs needed and these must be carried out before Bikeability training starts the following week.

If bikes are not fully road worthy and safe to cycle then they must be walked to school.

The Bike Service session may also include a group session with the children which teaches and encourages them to do a full M CHECK on their own bike.

If you require repairs to your bike then please consider using the company who are providing this service - Kyle Strachan, Mobile Bicycle Repair, kylestrachan@yahoo.com, 07813941287.