



Winterton Community Academy

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Headteacher – Mr K Rowlands

Ref: Year7&8/2022-23/Bikeability/tp

18th October 2022

Dear Parent/Guardian,

It has come to our attention that a number of students did not complete their Bikeability training at primary school due to Covid restrictions. As a result, we would like to offer it now in order to ensure students who cycle for leisure or to ride to and from school have a greater awareness especially as the dark nights are approaching.

Bikeability is the cycle training for the 21st century, designed to give the next generation of children the skills and confidence to ride their bikes on today's roads. To get their Bikeability award, children will be instructed on how to ride their bikes to the Government-approved National Standard for Cycle Training.

Level 2 training is undertaken on quiet local roads but with real traffic conditions. By completing Level 2 your child should gain the necessary knowledge and understanding as well as be able to demonstrate the skills needed to cycle on quiet local roads. Continuing practice and encouragement will further develop the child's confidence and cycling competency level. Level 3 is also available for those children who require it, within this course you will learn more advanced skills, including how to:

Use the best riding position for any situation

Ride alongside other cyclists

Ride on more complex roads. This might include busier roads, more complicated junctions or faster roads with speed limits above 30mph.

Negotiate more complex roads. For example, junctions controlled by traffic lights, multi-lane roads or cycle lanes.

Respond confidently when a situation changes. For example, when a vehicle pulls out in front of you.

The instructors may refuse to take out any child whose cycle is not the correct size or is considered un-roadworthy and any child who may be considered not yet ready to be exposed to traffic situations on the road.

You should ensure:

Saddle and handlebars are adjusted to the correct height

Brakes are functioning

Tyres are pumped up with no punctures. It is also important that your child is dressed appropriately for the training

It is a requirement that your child wears a properly fitted, undamaged and approved cycle helmet throughout the scheme

Bikeability is about improving children's cycling skills, confidence and abilities and equipping them with the necessary skills and knowledge needed to ride a bike safely throughout the rest of their life. It's also about introducing them to cycling as an everyday activity, an alternative mode of transport, an enjoyable pastime, which brings a healthier lifestyle and ultimately lots of fun. Bikeability will give your child a life skill that once they've learnt, they will never forget.

If you would like your son/daughter to participate in this training please complete the slip below.

Yours sincerely,



Mrs A Dalowsky
Assistant Headteacher

Bikeability training

Pupil Name

I would like my son/daughter to take part in the Bikeability training.

SignedParent/Guardian

Date

AD