Bikeability

Bikeability Holiday
Cycle Training Course

Bikeability Level 1 and 2 Course

Bikeability is the only approved cycle training programme supported by The Department for Transport. It is designed to enthuse participants about cycling whilst equipping them with the skills and confidence to ride more often. All the training is delivered by qualified, professional, National Standard instructors.

There are three Bikeability levels:

1. **Level 1** takes place in an off-road environment and teaches riders how to control and master their bikes.

2. **Level 2** gives participants on-road experience in residential traffic to help them prepare to make short journeys by bicycle.

3. **Level 3** teaches individuals the skills to ride effectively on more complex roads and in further challenging traffic situations.

For more information on Bikeability, please visit www.bikeability.org.uk

Course Information

Bikeability Level 1 & 2
Dates: Monday 26th and Tuesday 27th March 2018
Year Groups: Children in year 5, 6 & 7
Format: 2 days: 10.00am till 2.30pm
Venue: Bedford School (MK40 2TU)

What will your child need?

- A complete consent form (see overleaf)
- A roadworthy bike (see checklist)
- A helmet (if wearing one)
- Suitable clothing for the weather conditions

Further information for parents

- This course is not suitable for non-riders
- It is important that your child attends every session
- Please encourage your child to practice in between each session
- We also offer private one to one training for children and adults as well as private family training. Please visit our website for more information.

Booking Details

Please return consent forms to:
Email: team@outspokentraining.co.uk; or
Outspoken Training LLP
140 Cowley Road
Cambridge
CB4 0DL
Tel: 01223 473820
Please read the following information before completing and returning the consent slip to Outspoken Training through the details overleaf. I understand that:

i) The instructors may refuse to train my child if they deem his/her bike to be unroadworthy (instructors may make minor adjustments but won’t fix faults or replace parts),

ii) It remains my responsibility to make sure that my child does not ride an unroadworthy bike and if I am in doubt as to whether a bike is roadworthy I should seek the advice of a professional mechanic, and

iii) The instructors may at any time refuse to continue to train my child if his/her behaviour or ability level is deemed to be unsuitable.

I understand that Outspoken Training is not responsible for any injury or any loss or damage which is not caused by an instructor’s negligence.

I agree to state in the consent slip below if I wish for my child to wear a helmet which I will provide. I understand that Outspoken Training will not be held liable for the results of any injury which it is later established may have been caused by wearing or not wearing a helmet. If my child wears a helmet, the instructor will advise on the fit of the helmet but will not necessarily be able to judge from its appearance if it is in good condition.

I recognise that having participated in on and off road training does not necessarily mean that it is safe for my child to ride a bicycle independently. To become a proficient cyclist takes more practice than lessons of this kind can provide.

I understand that photography may take place solely for the purpose of advertising for Outspoken Training.

Full Name of Child: _________________________________________
Course & Location: ______________________________ School Year: _____
Course Dates: ______________________________________________
Please Select One Option:     My child will wear the helmet I provide
My child won’t be wearing a helmet
Are there any medical/ educational needs we need to be aware of?
__________________________________________________________
If you would prefer your child not to be photographed, tick here: □

I confirm that I have read all the information enclosed and consent to my child (or the above child for whom I take responsibility) to take cycling lessons and related activities, which may include cycle maintenance as well as riding on the public highway.

Signed:_______________________ (parent/guardian) Date: _________
Emergency contact: ___________________________________________
Contact telephone number: ____________________________________
Contact email address: _______________________________________