



Our ref: VXD/aln/off/Year7/2023-2024/Bikeability

3rd June 2024

Dear Parent/Carer



RE: Year 7 Bikeability Cycle Training July 2024

The Road Safety Team at Bromley Council have booked Bikeability Cycle Training at Hayes Secondary school in July 2024.

We are offering one day courses that will cover Bikeability levels 1 and 2 to the pupils in **Year 7 only**.

Applicants **must already be able to confidently ride** in order to take part in the course.

What is Bikeability?

Bikeability courses are designed to equip cyclists/riders with the skills to cycle confidently on road safely and empower them to make independent on-road journeys. For further information please go to <https://www.bikeability.org.uk/get-cycling/>

Level One

This is a traffic free assessment where riders will practise bike handling skills such as using gears and brakes, manoeuvring safely to avoid objects, looking all around (including behind), and arm signalling without losing control. Riders must complete Level One to be able to progress to Level Two.

Level Two

Riders will take part in a range of practical exercises and assessments to demonstrate their knowledge of the Bikeability four core functions; Observation, Position, Communication and Priorities on local roads.

Results and feedback are given to all riders. All riders will be given a certificate, badge and booklet whether they have achieved all of the outcomes or are still working towards their goal.

Places are allocated on a first come first serve basis and successful applicants will be notified of a place via email after the closing date.

Essential Equipment Required for the course

Riders must have access to a **correctly fitting, fully roadworthy bike**, and a **cycle helmet**. Riders must wear appropriate/comfortable clothes for riding and the weather.



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Registered office: Hawksbrook Lane, South Eden Park Road, Beckenham. BR3 3BE



As places are limited, please only apply if your child has **not** participated in Bikeability before.

To apply for a place on one of these courses please follow:
<https://www.bromley.gov.uk/cycle-training/child-cycle-training>

Please ensure you include any Special or Medical Needs that we should be made aware of.

Deadline to apply is Sunday 16th June 2024. Applications received before this email or after the deadline will not be considered for the course.

Regards

Joe Webb
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