



# The Bliss Charity School

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13 December 2017

Dear Parent/Guardian

I am writing to inform you that children in Year 3 have the opportunity to take part in a one off Bikeability Level 1 training session subsidised by Northamptonshire County Council. The training will help new riders to control their bike in an off-road environment and develop balance and agility before they move on to developing on-road skills at Level 2 in year 5/6. This training will again be run by Outspoken Training.

During Level 1 Bikeability training, children will work towards the following outcomes:

- Fit your own helmet
- Carry out a simple bike check
- Get on your bike, start cycling, then stop and get off
- Ride your bike using the gears
- Make your bike go where you want it to, including moving around objects safely
- Control the bike with one hand
- Stop quickly if you need to
- Look all around you when you're riding, including behind, without wobbling

**Please note that this course is not suitable for complete beginners or children on stabilisers.** Your child will use his/her own bike, and it must be of a roadworthy standard. A bike check form will be sent out prior to the course to help you prepare your child's bike. The bicycle will be checked by an instructor at the start of the course and you will be notified if any faults are found and this may have an impact on whether your child can continue on the course. Our instructors will not change any parts on the bike. Trainees must use a helmet and it must comply with the BS EN 1078:1997 safety standard and be in good condition.

**Please complete and return the interest slip below to school.**

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## Bikeability Level 1 Training

Full Name of Child (in capitals): \_\_\_\_\_ Class: \_\_\_\_\_

Medical Conditions or Educational Needs (eg asthma, allergies, learning needs, etc):  
\_\_\_\_\_

If you would prefer your child not to be photographed, please tick here:

Signed: \_\_\_\_\_ (parent/guardian) Date: \_\_\_\_\_



Head Teacher: Mr S. Carter  
Bursar: Ms L. Adey