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Cycle Training

**A leaflet
for parents**



Walsall Council



Dear Parent / Carer

A practical Bikeability cyclist training course is to be conducted at your child's school. It is designed to develop road sense, awareness of traffic and to improve your child's ability to ride more safely. This booklet gives you information about the course. You can get further information on Bikeability at www.bikeability.org.uk

If, when you have read this booklet you wish your child to participate in the course, please detach, complete and sign the form at the back of the booklet and return it to the school. Ethnicity and disability information is requested so that the council can monitor that it is complying with Equalities legislation as well as its own Equality and Diversity Strategy. **For more information please contact The Road Safety Team on 01922 654678.**

Your child must be at least 10 years of age, and will need a bicycle in a safe, roadworthy condition in order to participate in the course. The bicycle must have a red rear reflector and two working brakes. It would be helpful if you would check the bicycle, or take





it to a cycle shop to be checked, to ensure it is safe to use. The bicycle will be checked at the start of the course and at the start of each session. You will be notified if any faults are found, and your child will **not** be able to continue on the course until the faults are rectified. You are advised to provide a cycle helmet for your child, and it is important that this is fitted and worn correctly. Some tips on ensuring a good fit are given in this booklet.

Please note that it is your responsibility to ensure that your child is able to take their bicycle to and from school or training centre safely.

During the course your child will receive literature to be studied at home, and your support in going through this with your child will help him or her develop road safety skills, knowledge and attitudes much more effectively.

Part of the training will take place on the public highway, and at the end you and your child will receive a report indicating how he or she has progressed and in particular, highlighting areas that require further guidance.

Senior Road Safety Officer

General Information

Who can do the course?

To be eligible for the 'on road' practical work pupils must be 10 years of age at the beginning of practical training. It is important that your child has a road-worthy bicycle of an appropriate size which s/he can ride without excessive wobbling. A red rear reflector must be fitted and two working brakes.

Working ratio

A working ratio of 1 tutor to 6 pupils is required for the 'on road' training. A register of names will be kept for each session. If there are fewer than 10 children, the course may not run. The course will be run by road safety tutors who have all been trained to the national standard and are subject to Disclosure and Barring Service checks. Road safety tutors are not trained to deliver first aid.

Insurance

Tutors are covered by the council's public liability policy. This policy provides indemnity for situations arising out of ordinary negligence where this involves personal injury or damage to the property of third parties including the pupils under instruction.

Training site approval

Practical on-road training takes place on quiet roads around the school. The routes used for training are assessed and approved by the Road Safety Unit before the cyclists use them.

Bikeability

The course consists of off-road, on-road and theory work which are continually assessed.



Level 1: This part of the training is usually the first 2 hours. The bicycle is checked for serious faults, and a bike check form sent home if necessary. Your child will also be taught how to carry out simple bike checks for themselves

Skills covered include stability, basic cycle control, starting and stopping, correct use of gears where applicable, looking around and signalling. Cyclists must achieve all of the level one outcomes before being allowed to proceed to the on-road part of the course.



Level 2: The level 2 element of the course will be taught over the remaining 8 hours. High visibility jackets will be supplied and must be worn whenever the cyclists are out near the road.

Children whose bicycles have serious faults, e.g. only one working brake, will not be allowed to take part until the fault is rectified. Trainers are only allowed to make very minor adjustments.

Skills practised include starting and stopping safely, overtaking parked cars, turning left and right at a variety of junctions.

Theory

A copy of the Highway Code for young road users and a 'Safer Cycling' booklet are distributed at the beginning of the course. Some schools are able to organise classroom theory sessions, but your child will need some help and support from you.

At the end of each session the tutor will ask questions based on information given in the Highway Code or the 'Safer Cycling' booklet. Cyclists should have read the relevant section during the time since the previous session.

All children who successfully complete the course receive a badge and a bikeability certificate which details strengths and weaknesses.





Further Information

Fitting a cycle helmet

Cycle helmets should have a CE mark and meet BS EN 1078 or Snell B.95. They should be of a suitable size and worn correctly.

- 1 Measure the head around its circumference, about one inch above the eyebrows. Match your head size to the size of the helmet (printed in the helmet, on a label or on the box).
- 2 Place the helmet squarely on your head and fasten the straps. If it's loose, use the pads or straps to get a close fit. It should feel snug all the way around, but not too tight.
- 3 Once the pads are fitted, place the helmet back on your head. Keep it level, about one inch above the eyebrows and adjust the outside straps so there is no slackness.

- 4 The front strap should be as vertical as possible. The rear strap should join the front strap just under the ears.
- 5 Fasten the buckle, which should rest under the chin, not on the jaw line.
- 6 Try to move the helmet about on your head. It should not move enough to cover the eyes.

Bike Check

Most cycle shops can give advice or carry out repairs. It is a good idea to have your bicycle checked at a cycle shop once a year.

Quick bike check:

1 Brakes

Make sure they work. Check that blocks are in the right place, not touching the tyre and that they are not badly grooved or worn out.

2 Brake cables

Make sure they are not frayed.

3 Tyres

Both should have a tread pattern showing all round. Make sure they are well pumped up. Watch out for cuts, splits and bulges.

4 Wheels and spokes

Check both for damage. Make sure spokes are not loose.

5 Lights

Lights are not required for this course but if you have them, they should be clean and working - white at the front, red at the back. You must use them if you ride at night.

If your lights work on batteries, make sure these are charged. Have spare batteries with you.

6 Reflectors

If you ride in the dark you must have a red reflector at the back (as well as front and rear lights). A white front reflector, pedal and spoke reflectors also help you to be seen in the dark (bicycles made after 1985 must be sold with these reflectors).

7 Steering

It can become loose, especially if you use your bicycle for 'off-road' stunt riding.

8 Handlebars

Make sure they have good grips and plugs and are lined up correctly.

9 Bell

Use it to warn pedestrians. You must be able to use it without taking your hand off the handlebars.

10 Frame

Check that it is not bent and all nuts are properly tightened.

11 Pedals

Must have a good grip for your shoes and able to spin freely.

12 Saddle

Must be adjusted for your height and all nuts tightened.

13 Chain

Keep it oiled and make sure it is not too loose or too tight.

14 Gears

If your bicycle has gears, make sure that they are properly adjusted and you know how to use them correctly.

15 Mudguards

If your bicycle has mudguards make sure they do not catch on any moving parts.



Gender: Please tick one of the boxes below

Female

Male

Ethnicity: To which of these ethnic groups do you consider your child belongs? Please tick **one** of the boxes below

White

British

Irish

Any other White background

Mixed

White and Black Caribbean

White and Black African

White and Asian

Any other mixed background

Asian or Asian British

Indian

Pakistani

Bangladeshi

Any other Asian background

Black or Black British

Caribbean

African

Any other Black background

Chinese

Chinese

Any other ethnic group

Any other ethnic group

Disability:

Yes

No

Bikeability Enrolment Form

School / Centre:

Child's Name:

.....

Home Address:

.....

.....

..... Tel No:.....

The above child has reached the age of ten, or will be ten before 'on road' training commences.

I have checked his/her bicycle and believe it is in a safe, roadworthy condition and fitted with a red rear reflector. I wish my child to take part in the Safer Cycling Scheme on the roads local to the school. I also understand that any child found to be misbehaving or disrupting the training will be excluded from training sessions.

I understand that the information regarding names, addresses and telephone numbers will be retained by the Course Tutor and/or the Road Safety Unit solely for their use, and will be destroyed at the end of the course, and that the information given overleaf will be recorded statistically for monitoring purposes only.

Signed: Date:.....



Walsall Council

