



Dear Parent or Carer,

Great news! Your child has been offered the opportunity to take part in Bikeability cycle training organised at:

School: High View Primary
Date: w/c 6th Oct & 24th Nov 2025

Please note this course is only suitable for children who can ride a cycle, independently with reasonable control skills.

We need your consent for your child to participate in Bikeability cycle training. Please complete the online form here:
<https://consent.bikeability.org.uk/green-least-way> or scan the QR code.



What is Bikeability?

Bikeability is the government's national cycle training programme that teaches children practical cycle skills and how to cycle safely and confidently on roads.

Cycle training is taught by friendly, qualified Bikeability instructors. Courses include Level 1, where children learn the fundamentals of cycling in a traffic-free environment and Level 2 where they learn cycling techniques and road safety on quiet roads. All participants will receive a Bikeability certificate, badge and personalised feedback.

Find out more: <https://www.bikeability.org.uk>

Please complete the form as soon as possible. Failure to complete this form will unfortunately result in your child being unable to take part in Bikeability cycle training.

If you have any questions, please contact your child's school in the first instance or Kingston and Sutton Shared Service on cycling@kingston.gov.uk or call 020 8547 5826

Yours sincerely,

Eric Chasseray

Sustainable Transport Officer, Cycle Training



Bikeability Level 1 & Level 2 Course

Course information and conditions

Before the course:

Cycle

All cycles need to be in roadworthy condition before starting on your course.

- **AIR** – Have your tyres got enough air?
- **BRAKES** – Do the front and back brakes work properly?
- **CHAIN** – Have you oiled it recently?
- **DIRECTION** – Are your handlebars fixed on tight? Is your seat tight and pointing forward?

- If you can answer yes to the ABCDs you are good to go!

Helmet

You must provide an **approved cycling helmet** and must ensure that the helmet fits correctly:

- Match your child's head size to the size of the helmet.
- Your helmet should sit on top of your head, not too tight or too loose, with the peak sitting about two fingers width above your eyebrows.
- The side adjusters should sit below your ears and form a nice V on the side of your head. The chin strap should allow for two fingers to fit between it and your chin.

Clothing

Sports kit is perfect for bikeability, we will go out if it is rain or shine so be sure to check the weather and be **appropriately dressed** for the weather conditions during the training. It is suggested that a waterproof coat is worn if it is raining and sunscreen if it is hot and sunny. A water bottle is advisable.

On the course:

Your child will need to attend 3 sessions to complete their course (Each session is two hours)

Session One: Conducting a simple bike and equipment check.
Practicing control skills on the playground

Session Two: Road session introducing position to make simple journeys, junction turns and how to communicate with other road users. With two instructors and up to six children

Session Three: Road session to improve confidence making independent journeys and share the road with others. Closely assisted by two instructors and up to six children. If competent, children take turns to lead a smaller group of up to three riders with the support of one instructor