



# Backwell School

An Ofsted Outstanding School  
A National Teaching School

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Headteacher: Jon Nunes MA

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Dear Parent/Carer

## **Years 7 to 9 Bikeability Level 3 Advanced Cycle Training / Bikeability Fix Training**

Backwell School is delighted to be able to offer **advanced cycle training** to your child – FREE of charge. Each year this is a very popular activity and we expect interest to be high again this year. In addition to this cycle training, we are also offering free **basic bike maintenance training**. I am writing to invite you to register your interest on behalf of your son/daughter.

As part of the school's Active Travel Plan, we aim to raise awareness and create opportunities for young people to travel actively and safely to and from school. We know that this will benefit the whole school community. Both training sessions are free of charge (subsidised by North Somerset Council) and will be led by Life Cycle UK ([www.lifecycleuk.org.uk](http://www.lifecycleuk.org.uk)).

### **What is Bikeability Level 3 Advanced Cycle Training?**

*Level 3 training is fun and suitable for secondary school students and covers dealing with hazards, making 'on-the-move' risk assessments and planning routes for safer cycling. Training will happen on the school site and on the roads in the local area.*

*Once students have completed their Bikeability Level 3 qualification green badge, they will be able to cycle almost anywhere, and:*

- *Make a trip to school, work or elsewhere on roads*
- *Use complex junctions and road features such as roundabouts, multi-lane roads and traffic lights*
- *Understand driver blind spots*
- *Know how (and when) to pass queuing traffic*
- *Identify and react to hazardous road surfaces*
- *Plan a safe cycling route*
- *Interpret road signs*

**Dates:** Saturday 20 October, Monday 29 October, Tuesday 30 October, Wednesday 31 October, Friday 2 November & Saturday 10 November.

### **What is Bikeability Fix Training?**

*The Bikeability Fix training session teaches students how to perform basic maintenance on their bikes and they will be taught by competent bike mechanics. The emphasis of the course is on doing, rather than watching, so every student will get the opportunity to work on a bike. During the course, students will learn how to:*

- *Identify all bike parts & understand their importance*
- *Learn how to make basic adjustments to ensure comfortable riding (saddle height etc.)*
- *Learn to make basic adjustments to brakes*
- *Learn how to repair a puncture*
- *Receive a free puncture repair kit & certificate*

**Date:** Thursday 1 November

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***I want my child to take part in this opportunity – What do I do?***

- ✓ Return the attached consent slip and prior ability form promptly to Student Services before **Thursday 20 September**. All places are allocated on a first come, first served basis.
- ✓ Students are welcome to sign up to the Level 3 Cycle Training and the Bikeability Fix training. However, there is no requirement for students to attend both training sessions; each training session is stand-alone.
- ✓ Please indicate on the form all dates that will be suitable and provide multiple dates to help us accommodate as many students as possible.
- ✓ We will confirm your child's training session date(s) at the beginning of October.

***Session times***

- ✓ The session times are from 9.30am to 12pm or from 12.30pm to 3pm.
- ✓ Students can arrive from 9.15am for the morning session and 12.20pm for the afternoon session.

***What equipment do I need?***

- ✓ On the day of their session, students need to bring their appropriate **BIKE** and **HELMET**. A **bike lock** is also a good idea should they need to leave their bike at any time.
- ✓ On the day please bring a **healthy snack** and **still drink** (no energy drinks) in a small rucksack.

***What should I wear?***

- ✓ For Level 3 cycle training, students should wear warm clothes and a waterproof coat, gloves and sturdy footwear such as PE trainers. The weather is expected to be changeable so please prepare accordingly.
- ✓ For Bikeability Fix, old clothes are recommended as they will be working with dirt and oil.

***Please consider***

- ✓ The training is **very popular** and to avoid wasting places it is the Council's policy to charge people who fail to turn up on the day. **The cost for this will be £40.00.**

***Safety***

- ✓ All instructors are approved and accredited to work with young people in this capacity. Full risk assessments have been carried out and the instructor participant ratio is particularly high to support the cycling activity.

***On the day***

- ✓ Students should meet the Bikeability team outside Quantock common room.
- ✓ This activity will go ahead in **most weathers** (including rain). Learning to cycle in all weathers is part of being a ready cyclist able to deal with the challenges of the road. Being able to navigate more challenging conditions will prepare the group for a normal journey to school. Please bear this in mind and **prepare your child accordingly**.
- ✓ Whilst Backwell School are facilitating this opportunity, your child will be the responsibility of the Bikeability Team whilst in the activity. As such, the details you provide on the attached form will be shared with the adult leaders who will use them to contact you if needed during the day.
- ✓ If a student is unwell, please inform Frances at Life Cycle UK on [frances@lifecycleuk.org.uk](mailto:frances@lifecycleuk.org.uk) as soon as possible to avoid the instructor unnecessarily waiting for them.

I hope that your child gains a great deal of confidence from this excellent opportunity. If you have any queries, please contact me on 01275 465942 or email at [studentservices@backwellschool.net](mailto:studentservices@backwellschool.net)

Yours sincerely



Alice Gosling  
Enrichment Team

### Life Cycle UK Cycle Training Consent form

Child's Name:.....  
 Age:..... Male/Female:.....  
 Home Address:.....  
 .....PostCode:.....  
 School:.....Tutor Group:.....  
 Your name:.....  
 Email:.....  
 Mobile contact number:.....

#### Training Dates (please tick):

	Sat 20 October	Mon 29 October	Tues 30 October	Wed 31 October	Thurs 1 November <b>(Bike Fix only)</b>	Fri 2 November	Sat 10 November
AM							
PM							

I am the parent/legal guardian of the above child and give my consent for them to participate in cycle training provided by Life Cycle UK. I understand that:

- Where I provide a bike for my child I will make sure it is roadworthy. If I am not sure I will take it to a bike shop and have it serviced before the course. I understand that my child will not be allowed to participate if his/her bike is deemed un-roadworthy.
- Most of the training takes place on public roads around the location of the course venue.
- Life Cycle UK is not liable for any injury, loss or damage to persons or property before or after the course including on journeys to and from the venue.
- Completion of the training course does not mean that it is safe for my child to cycle in all conditions. To become a proficient cyclist takes practice.
- It is my responsibility to decide if I should have personal accident insurance for my child.
- I accept that 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.
- It is my responsibility to decide whether my child should wear a helmet. If my child does not wear one, Life Cycle UK will not be liable for the results of any injury that may have been prevented by the wearing of a helmet. I will ensure that my child's helmet is fitted to my satisfaction.

**Please tick if you have provided a helmet and wish your child to wear it:**

NB – If you tick this box then your child must have their helmet and wear it. If they do not, they will not be able to take part in training.

**Does your child have special educational needs, physical needs or behavioural problems?**  
 (please tick)                      Yes                      No

**Does your child have any medical condition we should be aware of?**  
 (please tick)                      Yes                      No

If yes to either of the above, please give details:

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

We may want to photograph the course for publicity purposes. Please tick the box if you DO NOT want your child to be photographed.



## Bikeability Level 3 Prior Ability Checklist

(Not required for Bikeability Fix)

Level 3 is Advanced Cycle training using complex roads and junctions. It includes route planning, increased road knowledge and awareness. Ideally you will have already achieved your Level 2 Bikeability however it's not essential – please use the checklist below to gauge if you are ready for level 3.

<b>Trainee Name:</b>	<b>Age / School year:</b>
<b>School:</b>	<b>Have you completed Bikeability Level 2?</b>

<b>Can You.....</b>	<b>Yes / No</b>	<b>Comments</b>
Ride a bike on the road in traffic?		
Look over your shoulder and keep control of the bike?		
Control a bike with one hand?		
Use gears effectively?		
Stop quickly with control?		
<b>Trips on your bike</b>		
Where do you currently cycle?	-----	
What journeys do you make? (leisure, to school, to friends, p/t work the park...)	-----	