



## Year 5 Bikeability – April 2023

Dear parents/carers,

We are very pleased to announce the opportunity for 24 Year 5 children to take part in a **Level 2 Bikeability** course at Two Mile Ash School. The course (split into 2 groups) will run over the total of three **½ school days** between Wednesday 26<sup>th</sup> April 2023 and Friday 28<sup>th</sup> April 2023.

Pupils will be placed into **groups of 12** and told of the date(s) and times in advance for their course. Before signing your child up to this course, please read the information below which includes equipment requirements and prior cycling ability.

The total cost for the Bikeability course is **£6.75**. To sign your child up to the Year 5 Bikeability, please login to your parent pay account. **Bookings are now open and will close Monday 13<sup>th</sup> March at 9am.** Groupings will be confirmed and children informed of these in April 2023.

### **Bikeability Information:**

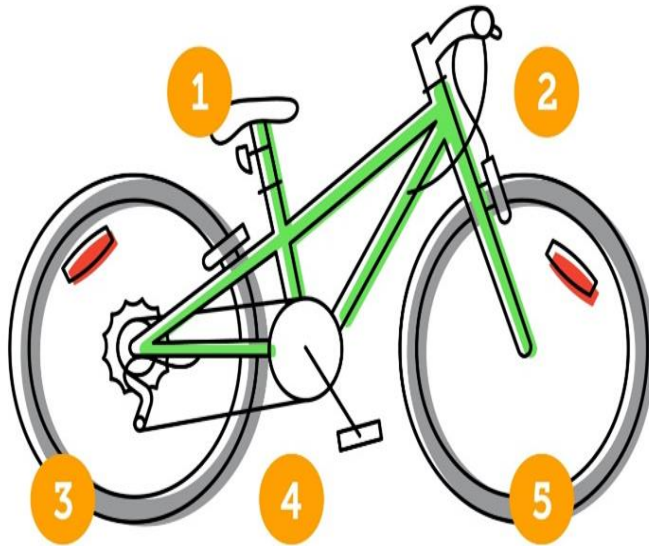
Bikeability is the National Standard for Cycle Training. There are three Bikeability levels each designed to improve cycling skills, progressively taking trainees from the basics of balance and control, all the way to route planning and making independent journeys on busier roads.

**Trainees must be able to ride a bike before attending any of these courses. If you or your child cannot ride a bike and would like to learn, contact the councils cycling team.**

**Bikeability Level 2** is delivered on quiet local roads and Redways and equips trainees with the knowledge and skills to deal with traffic on short journeys. It is usually taught at a ratio of 1 instructor to 6 trainees over 3 half day sessions.

**Equipment** - Trainees should arrive at the training session with appropriate clothing. In wet weather this should include waterproofs and in warm weather, sun screen and water. **Trainees must have a helmet that fits and is not damaged.** If a trainee arrives without a helmet or if the helmet is deemed unsafe by the instructor, they may not be able to participate. Full face helmets or helmets covering the ears or eyes are not permitted.

## PRE-COURSE BIKE CHECKS



- 1 Make sure your saddle, handlebars and wheels are fixed on tight
- 2 Ensure both your front and rear brakes work properly
- 3 Run through all of your gears
- 4 Clean and oil your chain regularly
- 5 Check your tyres are pumped up

### REMEMBER YOUR



AIR



BRAKES



CHAIN

BEFORE EVERY RIDE

**More information** - To find out more about cycling in and around Milton Keynes visit [www.getsmartertravelmk.org](http://www.getsmartertravelmk.org) . If you have any queries about Bikeability speak to the Instructors or email [cycling@milton-keynes.gov.uk](mailto:cycling@milton-keynes.gov.uk) or visit [www.bikeability.org.uk](http://www.bikeability.org.uk)