



## Year 5 & 6 Bikeability

Dear parents/carers,

We are very pleased to announce the opportunity for Year 5 & 6 children to take part in **Level 2 Bikeability** at Two Mile Ash School. This includes any children that have already done Bikeability in 2022/23.

Pupils that sign up to Bikeability will be allocated their course(s) during this academic year. They will be told of the dates and times of their sessions in advance of their course via a confirmation letter. Before signing your child up to this course, please read the information below which includes equipment requirements and prior cycling ability.

The cost for Bikeability is **£6.80** for one course or **£13.60** if you would like your child to access this opportunity twice during the school year. To sign your child up and pay for Bikeability courses, please go to your ParentPay account from **9am, Thursday 28<sup>th</sup> September 2023 to 9am, Friday 6<sup>th</sup> October 2023**. If you miss the cut-off date of 6<sup>th</sup> October 2023 to sign up, please contact Mr Saville.

If you have any questions regarding Bikeability Courses, please contact Mr Saville at:

[reception@tma.bucks.sch.uk](mailto:reception@tma.bucks.sch.uk)

### **Bikeability Information:**

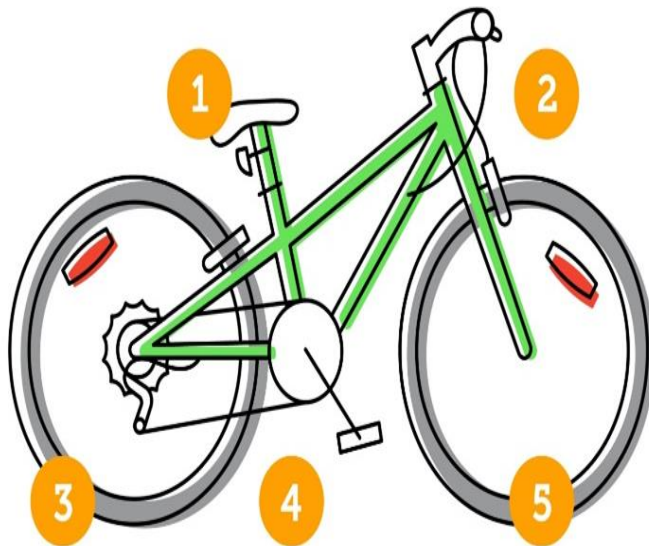
Bikeability is the National Standard for Cycle Training. There are three Bikeability levels each designed to improve cycling skills, progressively taking trainees from the basics of balance and control, all the way to route planning and making independent journeys on busier roads.

**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, sunscreen 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)