



Consent form for 'Bikeability' cycling course run by Cycle-Wise.

**To take part pupils must already be able to ride and have their own roadworthy bike and a helmet.**

\*Please return all consent forms to reception by Thursday 29<sup>th</sup> September

**No consent form, no cycle training, permission of parent essential!**

Name of Student	
Date of Course	WEEK COMMENCING 3 <sup>RD</sup> OCT 2016
Any relevant information that the trainer should be aware of? Injuries, medication, medical, behavioural etc.	

I consent to my son/daughter taking part in the Cycle-Wise Thames Valley Cycle Training Scheme. I have read the information. I understand that training is carried out on the public highway, provided the trainee has shown good level 1 competency (off road) first. I realise it is my responsibility to ensure my son/daughters bike is roadworthy, their helmet fits properly and their behaviour is sensible to the point where they will follow instructions of trainers. Responsibility cannot be taken for trainees; who refuse to follow guidelines intended to keep them safe.

Please ask your parent or carer to sign this form, and then return it to your form tutor with your £10 fee, cash or cheque made payable to 'Cycle-wise'.

Parent / Carer Name	
Signed	
Date	

**IT IS ESSENTIAL this form is returned by the due date and time above.**

## What is Bikeability?

Cycle-Wise are Bikeability and Department for Transport registered instructors. Bikeability, the Cycling Proficiency for the 21st century, is designed to give the next generation the skills and confidence to ride their bikes in today's road conditions.

Level 1 - Once you've completed your Bikeability Level 1 and been awarded your red badge, you will be able to:

- Fit your own helmet
- Carry out a simple bike check
- Get on your bike, start cycling, then stop and get off
- Ride your bike using the gears (if fitted)
- Make your bike go where you want it to, including moving around objects safely
- Control the bike with one hand
- Stop quickly if you need to

Level 2 - Once you've completed your Bikeability Level 2 and been awarded your orange badge, you will be able to:

- Start and finish a journey by road, including passing parked or slower moving vehicles and side roads
- Make a u-turn
- Identify and react to hazards in the road
- Signal your intentions to other road users when someone needs to know what you're doing
- Understand where to ride on the road
- Use junctions, including turning left and right into major and minor roads
- Decide whether a cycle lane will help your journey
- Use the Highway Code, particularly when it comes to understanding road signs

## Who are Cycle-Wise Thames Valley?

Cycle-Wise are Bikeability and Department for Transport registered instructors and have a collective 20 years experience working in or with Road Safety Teams.

We deliver levels 1 and 2 of the Bikeability syllabus together over 8 hours of training.

All training is progressive. Once students show ability and confidence at level 1 they move to level 2. Once they show confidence, on quieter roads, they are moved onto more challenging junctions with instructor support.

If you require any more information please contact us via [darryl@cycle-wise.co.uk](mailto:darryl@cycle-wise.co.uk)

Best regards Cycle-Wise.