

Bikeability Consent Form

(PLEASE USE BLOCK CAPITALS)

Child's name:

Child's school:

Date of birth:.....School year:

Parent/carer's name:.....

Address:.....

.....

Postcode:Tel. No:.....

Email:.....

Emergency contact number.....

We will post confirmation of your booking.

Can we email you about other cycle events and training?

(Your details will not be given to third parties) Yes No

Are there any medical conditions we need to know about?

.....

How will your child get home from the training base?

.....

I have read all the information within

If a Level 2 or 3 course I agree to my child, who is 10 years

or older, receiving on-road training

I will ensure my child's bicycle is in a roadworthy condition -

please see the bicycle checklist

My child lives or studies in the Cycle Exeter area

All courses require volunteer helpers. I can/cannot help -

please delete

Parent/Carer Signature:.....Date:.....



Bicycle Checklist

- The bicycle must be in a clean and roadworthy condition and of a suitable size for the rider. If it is not, the trainee may be refused enrolment on the course. The bike should be checked prior to each journey and training session
- Check that both front and back brakes work and the brake pads touch the wheel, not the tyre.
- It is a legal requirement to have two working sets of brakes.
- Check the rider can easily reach the brake levers.
- Check all cables to ensure they are not frayed or about to break.
- Check the bike isn't too big or too small for the rider. The rider's toes should be able to just touch the ground, when sitting on the saddle.
- Check that the seat and handlebars are not raised above their safe limits (there will be a marking showing on the seat or handlebar post).
- Check handlebar end caps are fitted.
- Check the wheels are fixed securely to the bike.
- Check if the tyres are worn or have bulges. Make sure they are pumped up hard, as there is less chance of a puncture.
- Check the handlebars turn smoothly and cannot be twisted out of line.
- Check the pedals spin freely.
- Check that all gears change easily and ensure chain is well oiled.
- Check that the helmet fits snugly and securely. There should not be space to put more than two fingers between chin and the strap. Some of the current cycle helmet safety standards are EN1078, BS 6863, AS2063, ANSI Z 90.4 or SNELL.
- The bike must have a rear reflector and front and back lights are a legal requirement when cycling at night.
- **Only carry out adjustments or repairs if you know what to do. If you are unsure, take the bike to a bike shop.**

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FREEDOM 
of your city *Cycle Exeter*



00232

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Bikeability is the new cycle training scheme for the 21st century. Many adults will remember doing their Cycling Proficiency Test but Bikeability is designed to give the next generation the skills and confidence to ride their bikes on today's roads.

There are three Bikeability levels.

 **Level 1** is usually covered in a traffic free environment and teaches basic cycle skills for children from seven to nine years old.

 **Level 2** is covered on quiet roads but with real traffic conditions for children of ten years or older.

 **Level 3** is delivered on busier roads for children of secondary school age, who have already completed Level 2.

For more information on the Bikeability syllabus please go to www.ctsb.org.uk and www.bikeability.org.uk

Devon County Council's "Cycle Exeter" team deliver **FREE** Bikeability training to children who live or study in, and around, Exeter.



For more information about cycle training for children and adults, free leisure rides and cycling in and around Exeter please visit our website or contact the Cycle Exeter team:

Website: www.devon.gov.uk/cycleexeter

email: cycleexeter@devon.gov.uk

Phone: 0845 155 1004

and ask for the Cycle Exeter team.

What we ask of the school

- The opportunity to train the whole of the target group, children of ten years or older, to Bikeability Level 2 standard. Level 2 training is delivered over approximately 10 hours, Monday to Friday, 2 hours per day.
- To train in curriculum time. We believe cycling safely is an essential life skill and the associated benefits are vital to the children. This also means we can train more children throughout the year.
- On road sessions require one volunteer helper, ideally with a bike, per group of six trainees. The school should recruit a helper from parents or school staff. If there are no helpers for an on-road session the instructors are not obliged to continue.
- Please ensure the courses are filled to capacity, and that the children are positively encouraged to attend each session. Have a reserve list in case of "drop out".



What we ask of the parents

- Each session requires volunteer helpers so please contact the school if you can assist, ideally with your bike. Without helpers the course may not be able to proceed.
- To discuss the Cycle Exeter Bikeability course with your child. It is important that your child attends every session. If they miss sessions they may not be able to complete the course.
- Encourage your child to practice what they have learnt each session - maybe by accompanying them on a bike ride and discussing the Highway Code.
- Ensure your child attends every session with their bike clean and in a roadworthy condition, helmet fitting securely (straps often need regular adjustment) and wearing appropriate clothing. Please see bicycle checklist.

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- All training will be delivered by Accredited National Standard Cycle Instructors. Whilst close supervision will be exercised at all times there is an element of risk to the trainee. Nevertheless we believe on road training is essential but it is for you to decide whether you should enrol your child for this course.
- Whilst every care will be taken to ensure your child's safety, your attention is drawn to the insurance cover provided by Devon County Council which is for **public liability only** and does not provide Personal Accident insurance for anyone undertaking this course, nor does it accept responsibility for the actions or personal behaviour of participants.
- Devon County Council is not responsible for any injury to persons or loss or damage to property which does not result from the negligence of an instructor.
- Devon County Council also accepts no responsibility whatsoever for any injury, loss or damage which occurs on the way to and from a lesson.
- Each child attending must be able to ride a bicycle (have good control and balance) before enrolling for the course. The roadworthiness of the bicycle is your responsibility and should be checked regularly by yourself and your child – please see the bicycle checklist and keep it for future reference.
- Whilst undergoing tuition, a properly fitting cycle safety helmet must be worn. Please ensure your child is wearing appropriate clothing suitable for cycling and the weather conditions. The instructor will provide high visibility waistcoats which must be worn.
- Any participants who persistently misbehave or put others in danger will be asked to leave the sessions and will not be allowed to attend in future.
- Each course needs to have a minimum number of trainees and requires a parent helper, otherwise they may be cancelled.

