



Go Velo Ltd

6 Cromwell Terrace, Barrowford, Nelson, BB9 8PT

Office Tel: 01282 696866

Email : [info@govelo.co.uk](mailto:info@govelo.co.uk) Web : [www.govelo.co.uk](http://www.govelo.co.uk)

## Bikeability Letter to Parents

Dear Parents

Go Velo is delighted to work with riders at **Bowerham**. Cycling is one of the easiest, cheapest and most enjoyable ways of keeping fit. This is why we are offering Bikeability training to all riders in the year group. Bikeability is cycling proficiency for the 21<sup>st</sup> century, giving riders the skills and confidence to cycle in today's traffic conditions.

In order to participate, the rider needs access to a bicycle (in good working order, please!), a helmet (we can provide these) and suitable clothing. It is important that the rider can already ride a bike before embarking on road safety.

Bikeability is split into 2 Levels for Primary school riders. Level 1 is held on the school playground and is used as fun skills training and to assess the rider's capability to ride on the road. Please see link to Level 1 outcomes [Bikeability Level 1 - Maintain your cycle, Glide and Control your bike.](#) Level 2 is on quiet roads close to the school. [Bikeability Level 2 - Start & stop, Passing vehicles & Understand the road](#) **Riders must have achieved all Level 1 outcomes during session 1 to be able to go on the road – if not they will be sent back to class, and school will make provision for them.** All riders will receive certificates and badges on finishing the course. Riders are given high visibility vests to wear during the sessions and we work on a maximum instructor to rider ratio of 1:6. For further information on Go Velo's Bikeability training visit [www.govelo.co.uk/bikeability-training/](http://www.govelo.co.uk/bikeability-training/). All instructors are fully qualified Bikeability instructors, cycling coaches and ride leaders. We are all DBS checked and first aid qualified.

The sessions will run on the following dates:

No of Riders	Date			Time
30	Monday	28 <sup>th</sup>	October	10:00 - 12:00 & 13:00 – 15:00
	Tuesday	29 <sup>th</sup>	October	10:00 - 12:00 & 13:00 – 15:00
30	Wednesday	30 <sup>th</sup>	October	10:00 - 12:00 & 13:00 – 15:00
	Thursday	31 <sup>st</sup>	October	10:00 - 12:00 & 13:00 – 15:00

You as a parent / guardian are asked to

- Complete rider information form for the rider you wish to take part, return the completed form to the school before the first session
- Ensure that the rider's bike is in good working order and suitable for riding on the road i.e. working brakes (**front and back**) and pumped up tyres. **Please note riders will not be allowed to take part if their bike is considered unsafe.**
- **Provide the rider with a cycle helmet or reserve one through school – Helmets are compulsory.**
- indicate below any medical conditions the rider suffers from that you feel Go Velo instructors should be made aware of for a cycling course.

Please contact us if you have any questions.

Yours Sincerely

Kirsti Grayson – **Director**



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**Go Velo Rider Information Form** for completion by parent/guardian

I give permission for the rider to take part in a Bikeability cycling course. I understand that most of the training will take place on public roads, under supervision. I understand that the rider may ride accompanied to and from the training site in a group. I agree that the rider can take part without any liability on the part of Go Velo in respect of any injury or any loss or damage to property that is not caused by an instructor's negligence. Go Velo is not responsible for the rider's journey to and from school with their bike.

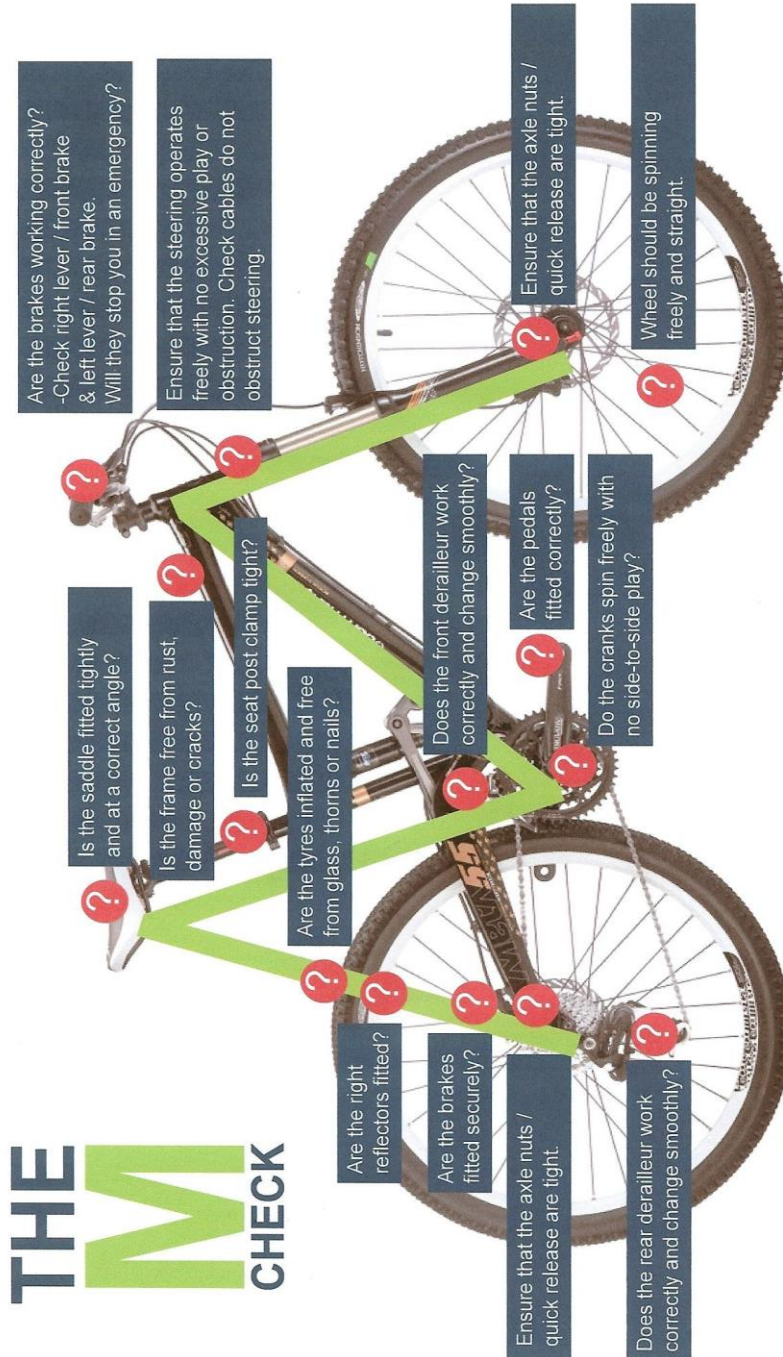
<b>Rider's Name</b>		<b>Year Group</b>	
<b>School Name</b>		<b>Gender</b>	<b>M</b> <b>F</b> <b>Prefer not to say</b>
<b>Parent / Guardian Name &amp; Emergency Contact No</b>			
<b>SEND Y/N</b>	<b>Medical Info</b>	<b>Allergies</b>	
<b>Pupil Premium Y/N</b>	<b>Own Bike Y/N</b>	<b>Own Helmet Y/N</b>	<b>Willing to share bike Y/N</b>
<b>Instructors to make alterations to bike if required Y/N</b>			
<b>Ethnicity (please indicate)</b> (These details are required by our funders, Department for Transport to ensure our inclusivity)	1 Asian - Bangladeshi	2 Asian - Chinese	3 Black - Black Caribbean
	4 Asian - Indian	5 Asian - Pakistani	6 Mixed - White and Asian
	7 Asian - Any other Asian background	8 Black - Black African	9 Mixed - White and Black Caribbean
	10 Black - Any other Black background	11 White - Gypsy/Roma	12 White - Irish
	13 Mixed - White and Black African	14 White - Traveler of Irish Heritage	15 White - White British
	16 Any other Mixed background	17 White - Any other White background	18 Any other ethnic group
	19 Any other ethnic group - Arab	20 Prefer not to say	
<b>Email Address</b>			
<b>Signed/Date</b>			<b>Parent / Guardian</b>

Photographs may be taken during the course to document events and activities, and for promotional purposes. If you **do not wish** your child to be included in these photographs please tick here

Your privacy is important to us. For more details about how we use your personal data, please read our Privacy Statement -We will not pass your details to third parties. If you **do not want** to hear about our other services please tick here

**Thank you for completing this form**

FOR INSTRUCTOR USE ONLY			DATE	R/A Y/N	BIKE Y/N	HELMET Y/N	LEVEL 3 Y/N	ACCIDENT Y/N			
<b>LEVEL 1</b>											
1.1a Prepare myself for a journey			1.1b Check the cycle is ready for a journey			1.2a Set off, slow down and stop		1.2b Pedal			
<b>LEVEL 2</b>											
SESSION			SESSION			SESSION			SESSION		
2	3	4	2	3	4	2	3	4	2	3	4
2.1a Identify & respond to hazards			2.1b Start and stop an on-road journeys			2.1c Maintain suitable riding positions, U Turn & Parked Car			2.1d Negotiate junctions - use systematic routine, pass side roads		
2.2a Comply with signals, signs and road markings -			2.2b Communicate with other road users			2.2c Negotiate junctions - turn left into and right out of side roads			2.3a Negotiate junctions - turn left out and right into side roads		
2.3b Negotiate junctions - turn at crossroads and roundabouts (if present)			INSTRUCTOR NOTES:								
			Instructor			Lead					



**Make sure your bike is safe to ride,  
follow The M Check.**