**Bikeability Interest Request- Level 3**

Your child has the opportunity to take part in Bikeability training.

Bikeability is the Government’s national cycle training programme based on the National Standard for Cycle Training. Cycling is a life skill with many benefits: it encourages independent mobility, is great for the environment, and improves physical and mental health. Bikeability builds the skills and confidence of people who can already ride and prepares them for a lifetime of cycling. Evidence shows Bikeability helps more people cycle, more safely, more often.

Bikeability is funded by the Department for Transport and Transport for London, and is delivered by trained, professional and DBS-checked Bikeability instructors.

Bikeability is offered at three levels:

**Level 1** develops mastery in cycle handling skills in a traffic-free environment

**Level 2** develops skills for cycling on single-lane roads with simple junctions and moderate traffic

**Level 3** develops skills for cycling on busy, complex roads and junctions.

Riders must demonstrate all National Standard assessment criteria independently before they progress to the next Bikeability level. All participants receive an official Bikeability certificate including a personal cycle skills profile.

To find out more information click below.

<https://bikeability.org.uk/bikeability-training/get-ready/>

**FURTHER INFORMATION FOR PARENTS.** **. In response to the current COVID-19 we have prepared an** **additional Risk Assessment in conjunction with the school, which the school will share with you should you have any concerns.**This course is designed to give the children the chance to participate in Level 3. Participants ideally should be regular cyclists and preferably have attained a Level 2 prior to commencing the course. Each child will be assessed in a playground or similar off road location, before the training commences. The initial section of the course is a refresher of Level 2 outcomes before continuing with the Level 3 training. This section of the course may incorporate complex junctions and road features such as roundabouts and traffic lights and is designed to build confidence in these situations and cope with cycling in traffic with the minimum risk. It will only give your child a basic level of cycling competence on which they will need to build and should not be regarded as a guarantee of their safety

Each child will be continually assessed and will all receive a booklet, badge and certificate.

Bikeability places are limited and places will be booked on a first come basis. Please complete the form below, the school will let you know the date in due course.

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**Level 3 Bikeability Cycle Training**

I would like to put my child’s name forward for cycle training.

Name of Child ………………………………………………………………………………………………………………………………………………………………