



# Moseley School and Sixth Form

Moseley School and Sixth Form  
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Headteacher: Mr A Bate BSc NPQH



I am delighted to confirm that your child has been offered the chance to take part in Bikeability cycle training. Bikeability is the Cycling Proficiency Test for the 21st Century and is designed to give the current generation of students the skills and confidence to ride their bikes. To achieve a Bikeability award, students will be instructed on how to ride their bikes to the Government approved National Standard for Cycle Training.

Bikeability Level 1 and 2 involves trainees undertaking a Level 1 playground assessment, and if they pass a further 4 Level 2 sessions will be instructed. Level 2 covers the theory of on-road cycling on quiet roads and roads with limited traffic conditions. Upon successful completion students will receive a Bikeability Level 1 or 2 badge and certificate.

It is the responsibility of parents / guardians to ensure that bicycles are well maintained and in a roadworthy condition prior to starting the course. Instructors are not permitted to undertake major repairs or maintenance to students' bicycles. **Please find attached information giving advice on how to maintain your child's bike, to be returned with your consent form.**

It is also important to note that this training is not aimed at children who can not cycle. You can help your child achieve the course outcomes by checking they are already able to:

start and stop safely

- ride in a straight line
- use their gears (if available)
- control the bicycle when checking behind and signalling

**Please ensure that your child is dressed appropriately for the training. In the colder months gloves and a water / wind proof jacket are advisable. During the summer months trainees will require a drink and possibly sun protection.**

The wearing of cycle helmets is **compulsory** for Level 2 training and helmets should be correctly adjusted to suit the student and straps should be done up.

Bikeability is not just about teaching students to ride a bike. It equips students with the necessary skills and knowledge needed to ride safely throughout their life. It is also about introducing cycling as an everyday activity - an alternative mode of transport and an enjoyable pastime, which brings a healthier lifestyle and ultimately lots of fun. Bikeability will give students a life skill that once learnt they will never forget.

At Moseley School and Sixth Form, we are committed to safeguarding and to promoting the welfare of our students.

Your child will be informed through PE teacher and tutor notices about the date of their session.  
 Please can you complete the consent form and return to **STUDENT SERVICES** by **Friday 13<sup>th</sup> September**.

## CONSENT FORM

*In order for your child to participate in Bikeability the school must have received a signed consent form. Please complete and return this form as soon as possible to the school.*

For my child to take part in Bikeability I understand that:
<ul style="list-style-type: none"> <li>All Instructors will have completed a Disclosure and Barring Service (DBS) before escorting children.</li> <li>Instructors are permitted to administer any emergency medical treatment that may be required.</li> <li>That my child is medically fit to take part in Bikeability and I will inform the school if this situation changes.</li> <li>Training shall only take place on sites approved by the Instructors.</li> <li>My child will be supervised by Instructors for off-road and on-road training.</li> <li>A risk assessment will have already been carried out by the Instructors on all sites/routes used.</li> <li>Level 1/2 training is offered to students from 9 years onwards.*</li> <li>Level 2 training is offered to students from years 7 – 9 inclusive.</li> <li>Level 3 training is offered to students in years 7-9 inclusive.</li> </ul>
<i>*Birmingham City Council recommends that students should be at least 10 years old in the year of training.</i>

*I would like my child to take part in:*

Cycle Training	Y / N
Bikeability Birmingham Level 1/2	
Bikeability Birmingham Level 2	
Bikeability Birmingham Level 3 (Secondary Schools)	

Child Name:		School:	
		Class:	

Please indicate if your child has any SEN statements or Medical conditions (including asthma and allergies) :	

In case of an emergency, my telephone number is:	
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Parent / Guardian Name:	
Signature:	
Date: dd/mm/yy	