

# Bikeability

## LEVEL 1

### PARENT INFORMATION & CONSENT FORM

**Bikeability Level 1 is a FREE cycling course for children to develop their basic control skills and gain more confidence to use their cycles more often. This is a national scheme funded by the Department for Transport delivered by Qualified Instructors (DBS checked).**

Sessions takes place in an envirohment away from cars or traffic, typically on a school playground. Children will learn how to fit their own helmets, carry out a simple bike check, get on a bike, start cycling, then stop and get off and using gears (if fitted) on their own bikes. Progressing to controlling the bike with one hand, stopping quickly if necessary and to look around when riding, including behind without wobbling. Those who achieve all of the outcomes will be awarded a **Bikeability Level 1** badge and certificate.

For further information on Bikeability Levels 1, 2 & 3 check out [www.bikeability.org.uk](http://www.bikeability.org.uk) or [www.cyclist-training.co.uk](http://www.cyclist-training.co.uk)

Children typically start Bikeability once they have learnt to ride. If your child wants to learn to cycle please talk to us or the class teacher direct for advice.

#### **To take part in Bikeability Level 1 your child needs:**

- ★ Parental Consent
- ★ A road-worthy bike (CTL also recommend a helmet but in the event of not owning one we would not prevent them from taking part with your signed permission)
- ★ Suitable outdoor clothing

## LEVEL 1 CONSENT FORM

Child's name:

School:

I will provide my child with a suitable bike.

My child will be wearing a helmet: **Yes / No**  
(helmets compulsory in Stockport Borough Council)

Parent / Carer's name:

Telephone number:

Signed:

Child's Medical/SEN/Learning information:

Date:

CTL also provide a range of out of school activities and bespoke cycling sessions for children, young people and adults. For more information call 01785 818193 or check out [www.cyclist-training.co.uk](http://www.cyclist-training.co.uk)

Under the Data Protection Act 1998, we have a legal duty to protect any personal information we collect from you. We will only use personal information you supply to us for the reason that you provide it for. We will not pass your information to any other parties.

### PHOTOGRAPHIC PERMISSION

We need your permission before we take or use any photographs of your child.

Cyclist Training Ltd will only take photographs / video recordings of your child for promotional purposes only.

MAY WE...

1. Use your child's printed image in the local press or CTL / Council promotional publications? **YES / NO**
2. Use your child's image or video on Council / CTL website and social media? **YES / NO**

We will not include details or full names of any person in an image.



T. 01785 818193  
[www.cyclist-training.co.uk](http://www.cyclist-training.co.uk)

