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 Headteacher: Mrs Joanne B Heap
 Web-site: www.tonacliffe.lancs.sch.uk



Thursday 5th September 2024

Bikeability

Dear parent/guardian,

At the end of September, Go Velo will be attending school to help teach the year six children Bikeability levels one and two. This will support the children in learning to cycle responsibly and carefully on roads. If your child cannot ride a bike, unfortunately they cannot take part in the training and will remain in class on these days.

Go Velo requires your child to have a working bike and helmet. If you require a helmet these can be borrowed from Go Velo at no cost. However, if you require a bike from Go Velo these can be provided at the cost of £5 per bike. If you need any of these, please indicate on the form below.

Closer to the time we will send out a further letter to let you know which days your child will be completing their training.

With this letter, you will receive information from Go Velo about the training provided. Please make sure you read through this and complete the top half of the attached Go Velo consent form. Once complete **return the Go Velo form and the slip at the bottom of this letter to Miss Noble by Friday 13th September 2024.**

We are sending this information out early to give notice and for there to be enough time to collect all consent forms and letters back and to share the information with Go Velo.

Kind regards,
 Miss Noble

Bikeability.

Please complete the form below and the options which apply to you.
 If your child can ride a bike, you will need to **complete both sections** and return it to Miss Noble by **Friday 13th September**.
 Name of child: _____

My child:

- Can ride a bike and can take part in Bikeability training.
- Cannot ride a bike so will not be able to complete the training.

My child:

- Has their own bike and helmet to bring to school on their days of training.
- Has their own bike but needs a helmet from Go Velo.
- Needs a bike, at the cost of £5, and a helmet from Bikeability.





Bikeability Letter to Parents

Dear Parents

Go Velo is delighted to work with riders at **Whitworth Tonacliffe**. 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 21st 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/. 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
17	Monday	30 th	September	10:00 - 12:00 & 13:00 – 15:00
	Tuesday	1 st	October	10:00 - 12:00 & 13:00 – 15:00
27	Wednesday	2 nd	October	10:00 - 12:00 & 13:00 – 15:00
	Thursday	3 rd	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



Go Velo Ltd

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Email : info@govelo.co.uk Web : www.govelo.co.uk

Kirsti Grayson – Director

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.

Rider's Name				Year Group			
School Name				Gender	M	F	Prefer not to say
Parent / Guardian Name & Emergency Contact No							
SEND	Y/N	Medical Info				Allergies	
Pupil Premium	Y/N	Own Bike	Own Helmet	Willing to share	Instructors to make alterations to bike		
		Y/N	Y/N	bike Y/N	if required Y/N		
Ethnicity (please indicate) (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				
Email Address							
Signed/Date		Parent / Guardian					

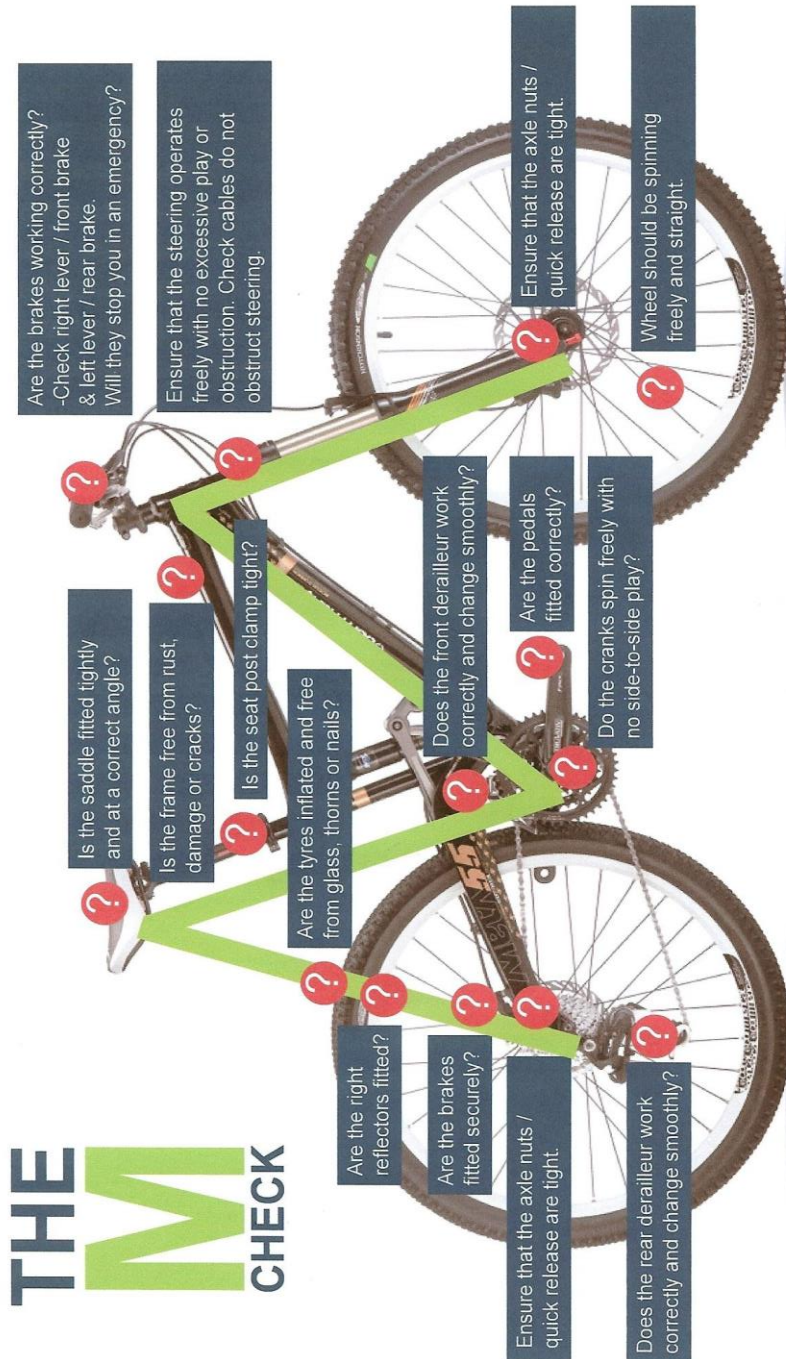
Photographs may be taken during the course to document events and activities, and for promotional purposes. If you **do not wish** your child to be included in these photographs please tick here

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			
LEVEL 1											
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				
LEVEL 2											
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	
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**Make sure your bike is safe to ride,
follow The M Check.**