



Bikeability Information for Parents & Carers

Bikeability is 'cycling proficiency for the 21st century'.

Wheely Fun Wheels has been commissioned by Shape Learning Partnership and Bolsover Active Schools Network to deliver Bikeability training at their schools.

Wheely Fun Wheels is a Bikeability scheme registered with Department for Transport, scheme number 704196A. Bikeability training can only be delivered by accredited schemes. The Bikeability Trust administers Bikeability on behalf of DfT. We are regularly inspected by a team of assessors and must deliver training in line with Bikeability standards. We want to make this an enjoyable experience for trainees to start them on a life time of cycling.

Working with schools:

For Learn to Ride and Levels 1, 2 & 3. Parents and careers will receive a letter from schools asking for consent for their child to take part. Bikeability balance takes place indoors in the school hall so we expect every child to take part similar to a PE lesson.

Especially when leaving school premises is it important that instructors are given medical and behavioural information. We have had occasions when after a climbing a hill a child tells us they have asthma and haven't got their inhaler!

Our instructors carry their DBS and an ID card with them.

Balance Bikes (usually reception children)

Takes place indoors in the school hall. Children in groups of up to 12 have around 30 minutes per session. We usually have 2 instructors running the sessions who bring a fleet of. balance bikes with them.

Bikeability Learn to Ride (usually year 3 or 4 children)

Children who are identified as not being able to ride a two wheel bike from year 3 upwards can be given a session by an instructor to help them progress. An instructor will probably have 2 or 3 trainees at once for about 40 minutes. The aim of this session is to get a child cycling, starting and stopping in a straight line and perhaps turning corners on their own. They will almost certainly require more practice to take part in a Level 1 session.

If children are identified as non riders during a Level 1 session it may be possible for instructors to split the session with one instructor supervising learn to ride and one running the Level 1 session, however this is dependant on numbers, one instructor can only work with a maximum of 12 trainees at Level 1.

Bikeability Level 1 (year 3 or 4 children, can be year 2 at an infant school)

These sessions take place in a traffic free area (usually school playground) and last for up to 2 hours. Depending on the size of the area up to around 18 riders can take part. In a small playground it may be better to have smaller groups for a shorter time. The riders will be practicing skills such as riding with one hand, looking behind whilst cycling, U turns and some fun cycling games. We take five spare bikes and six spare helmets to each Level 1 session.

Bikeability Level 2 (year 5, 6 or 7)

Level 2 training consists of several sessions over (usually) two days. The maximum size of each group is 12 trainees with 2 instructors. A group of between 10 and 12 trainees will normally have a full day and a morning to complete the course. The first session (checking riders ability) will take place on a traffic free area. This will include basic bike checks, helmet checks and general handling skills. At this stage the instructors will assess each child to see if they are suitable to continue to ride on roads which means they have to show they can achieve the outcomes of Level 1, principally being able to control the bike unaided and riding with one hand (so as to be able to signal). Any child who cannot demonstrate being able to achieve the outcomes will at this stage return to their class and will be given either a learn to ride or Level 1 award. The instructors decision is final and takes into account the individual trainee's and the whole group's safety.

Further sessions will take place on roads near the school. This will take up to 6 hours depending on the size of the group. The location will be identified by the instructors and a specific risk assessment completed by Wheely Fun Wheels. The school will be asked to acknowledge and approve the risk assessment.

Bikeability training teaches a positive style of riding designed to make the cyclist part of the traffic flow and to be visible at all times whilst controlling their road space. Location and junctions will be selected so that riders can interact with vehicles.

Ideally children will use their own bike but in exceptional circumstances. We may be able to lend them a bike. You can request this via our website. We always have six spare helmets per group (we don't allow motorcycle style full face helmets).

Bikeability Level 3 (year 6 and above)

Level 3 training consists of 2 sessions, first of all a bike check, a check of the riders riding ability and some route planning. This takes around one hour, after which the course lasts another 2 hours out on the road. Depending on location Level 3 will include traffic light junctions, roundabouts and generally busier areas than Level 2.

It is really important that any rider taking part in Level 3 has completed a Level 2 course and is a confident rider.

Riders need their own bike for Level 3 training.

General information for Level 1, 2 & 3

All riders are required by Wheely Fun Wheels to wear a helmet at all times and hi vis vest when on roads.

We will supply the hi-vis vests and also have a stock of helmets for riders who don't have their own.

Instructors will also carry mobile phones, basic tool kit, pump, first aid kit, the risk assessment and register. It is the parents responsibility to send a working bike as outlined in our parents letter. We cannot take bikes on the road without two working brakes, this is a legal requirement. We do not allow full face, motorcycle style helmets.

Ebikes - it is against the law for under 14's to ride ebikes on the public highway.

At the end of the training the riders who complete the course will be given the appropriate Bikeability award.

Weather

The instructors will decide if a session is to be cancelled due to adverse weather. Rain will not necessarily stop training taking place and children should come equipped with a suitable waterproof layer. Gloves are essential during the winter and often throughout the year! Sun protection should be supplied in the summer. Instructors will notify the school as soon as possible if a session is to be cancelled. We will schedule an extra session after discussion with the school.

Bikeability Family Training

Outside the school environment we can offer 'Family' training. A minimum of one adult and one child takes part in a 3 hour courses delivered over 2 sessions. Initially in a traffic free area and then if appropriate on local roads. Our instructor will advise on the best way to ride as a family. These courses can take place at a time and location to suit the family.

If you have any questions please contact us by telephone - 01246 520820, 07834 838076 or e mail - info@wheelyfunwheels.co.uk