



Bikeability Training Information for Schools (please pass on to all staff involved)

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

Bolsover Active Schools Network is the Bikeability grant holder and has commissioned Wheely Fun Wheels to deliver funded Bikeability Level 2 training to schools in the north of the area. During summer 2022 Wheely Fun Wheels obtained additional funding from Derbyshire County Council to deliver Bikeability Level 1 sessions.

Wheely Fun Wheels offers balance bike sessions to all schools within the Bolsover area but currently there is no funding for that so schools have to pay for sessions.

Other Bikeability schemes offer Level 3 training at some Bolsover secondary schools and Level 2 training in the south of the area.

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:

After contacting your school we will provide a parents letter and consent form for Levels 1 & 2. For Bikeability balance which takes place indoors in your hall we expect every child to take part similar to a PE lesson.

Once we have confirmed numbers we will arrange dates for the training. Our balance bike training is normally delivered between mid November and February half term.

For Level 2 we are funded 'per pupil trained' so it is important that the numbers of children we are arranging the course for are accurate.

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. They will also have a mobile phone and will give your school their number if asked. For all training your school will have been emailed a copy of our risk assessment and the instructors will ask to see a signed copy by a member of staff before training takes place away from school premises.

We do not need a member of staff to be with us unless a child requires it, but if school wants to send a member of staff out for Level 2 they will probably need to be on a bike too.

Balance Bikes (usually reception children)

Takes place indoors in the school hall. When we arrange session times/dates with you please make sure the hall is free! Children in groups of up to 12 have around 30 minutes per session. We can usually fit 3 groups into a morning or afternoon. If you have between 36 and 48 children taking part and are willing to be flexible we can usually fit 4 sessions into a morning with quick change overs. We usually have 2 instructors running the sessions and we bring a fleet of 12 balance bikes.

Bikeability Level 1 (year 3 or 4 children)

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 that are needed to take part in Level 2 training when they are older.

Bikeability Level 2 (year 5, 6 or 7)

Level 2 training consists of several sessions. Depending on the number of trainees the sessions usually take place over 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.

General information for Level 1 & 2

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 send to schools but for Level 1 we usually supply 5 spare bikes per session, for Level 2 parents must request a bike via our website (we always supply a fleet of balance bikes). 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.

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