



## **Christchurch Junior School – Bikeability Level 1**

Dear Parent/Guardian

I am pleased to be able to offer a Bikeability Level 1 course to the children of Christchurch Junior School. Bikeability Level 1 is open to anyone in Year 4 and above who can cycle independently.

**Date: Sunday 11<sup>th</sup> October**

**Time: 9am-11.30am**

**Cost: £17 per child**

During Bikeability Level 1 your child will learn how to:

- Check their clothing, equipment and bike to make sure it is roadworthy
- Get on and off their bike correctly
- Start and stop correctly including looking behind their shoulder to make observations
- Ride and stop quickly (emergency stop)
- Use gears if present and understand how they work and how they can assist a journey
- Make hand signals, after looking behind their shoulder, to communicate with other road users
- Avoid hazards and obstacles whilst cycling
- Introduction to giving way and understanding priorities
- Basic Highway Code knowledge

Level 1 prepares your child for Level 2 which takes place on the local roads.

**If you would like your child to take part then please fill in and return the attached booking form along with £17 to the following bank details:**

**Sort code: 04-00-04**

**Account number: 71047520**

**Ref: Childs Name CJS (eg. John Smith CJS)**



**BIKEABILITY BOOKING FORM**  
**Level 1**

Please reserve my child a place on the **Bikeability** Level 1 training course on

Date/time.....Sunday 11<sup>th</sup> October 9am-11.30am.....

Venue.....Christchurch Junior School.....

I understand that my child must arrive with a roadworthy bike with 2 working brakes & sufficiently inflated tyres. Riders **MUST** also wear a correctly fitted helmet, that has been adjusted prior to attending training. Please ensure that your child has a drink with them & is wearing suitable clothing.

**Further advice about preparing for Bikeability Training can be found at <https://bikeability.org.uk/bikeability-training/getready/>**

**\*During the COVID-19 pandemic, we are following government guidance. Anyone showing symptoms must not attend and whilst the risks are very low in the open air environment, anyone attending does so at their own risk. Whilst every effort will be made to social distance, there may be occasions throughout the course this may not be possible with interaction with the general public.**

**\*We will be following the updated Bikeability Trust Delivery Guidance for safe resumption of training. If you have any concerns or would like to discuss further, please contact me.**

Child name(s).....

Emergency contact names and numbers.....

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Relevant Medical Conditions.....

Please return this form by email to [rob\\_doyle123@hotmail.com](mailto:rob_doyle123@hotmail.com)

Should you need to get hold of me on the day my number is 07921140743