

## Bikeability Courses at Darrick Wood School - BOOK YOUR CHILD'S PLACE

Dear Parent/Guardian

The Cycling Team has provisionally booked Bikeability Cycle Training for some of the students at your child's school on 31 March, 1 April, 3 April, and 4 April 2025.



### What is Bikeability?

Bikeability courses are designed to train children to cycle on the road safely and with confidence, so that they can go on to make independent on-road journeys. Bikeability consist of three levels, with Level 3 being for those who have previously achieved Level 2.

**Students can only sign up for EITHER the Level 1 and 2 course, or the Level 3 course. It is not possible to apply for both courses. Please only apply for Level 3 if your child has already taken part in a Level 2 course.**

The Level 1 and 2 course last a full day, whilst Level 3 is up until lunchtime.

### Level 1 – after registration to break

This is an off-the-road assessment where the pupils will practise basic skills such as use of gears, stopping quickly with control, manoeuvring safely to avoid objects, looking all around including behind without wobbling and signalling with control. **Children must be able to ride to a standard and successfully complete Level 1 in order to progress to Level 2.**

### Level 2 – after break to the end of the day

This takes place on quiet, local roads at locations that have been risk assessed. Children use their Level 1 skills via a range of practical exercises and assessments. All children receive a badge and certificate for the highest level they participated in, and will receive verbal and written feedback.

### Level 3 – after registration to lunchtime

The course is only open to those who have **already successfully completed Level 2**. Level 3 builds on existing skills by empowering trainees to communicate, anticipate and negotiate with other road users whilst riding on more challenging local road environments including traffic lights, roundabouts, pinch points, multi-lane roads, filtering through traffic, so it is essential that those participating have been cycling and practising the skills already acquired. All riders will receive a badge and certificate, as well as verbal and written feedback.

### Equipment Required

Your child must have access to a roadworthy bike of the correct size, a cycle helmet, and they must be already able to ride a bike in order to take part, with working front and rear brakes. The children should wear suitable clothes for riding in.

### How Can I Apply?

You can apply online by clicking [here](#). Places are allocated on a 'first-come, first-served' basis. Please mention any Special or Medical Needs that we need to be aware of.

The deadline to apply is **SUNDAY 26 JANUARY 2025** - any applications received before outside of the window will not be considered for the course. For further information visit [www.bromley.gov.uk](http://www.bromley.gov.uk) and search 'child cycle training'.

Please also note that your child is now entering a period of time where their behaviour will be closely monitored. Should they collect too many negative BROMCOM points or conduct themselves inappropriately around the school then the right is reserved to withdraw them from the BikeAbility course.

Best regards

Matt

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