

## Bikeability Cycle Training in Shropshire - Guidance for Schools

Since April 2017, Learnicycling have been delivering Bikeability Cycle Training on behalf of Shropshire Council across Shropshire. Learnicycling are looking forward to working with more schools in Shropshire and help to get more people cycling, more safely and more often. This guidance explains which training courses are available and how they will be delivered. If you have any queries or would like to book one or more of the following modules, please call Sam on 07905 809915 or email him at [admin@learncyling.com](mailto:admin@learncyling.com)

### Training Levels and Modules Available

The following Levels and Modules are available **free of charge**:

Bikeability Level / Module	Description	Year Group
Level 1	<p>This course involves new riders learning to control and master their bikes in a traffic-free environment such as a school playground.</p> <p>Level 1 training can be introduced early on in schools who would like to increase the overall level of cycle training that pupils receive with the aim of moving to a two-stage delivery of Level 1 to years 2 to 4 and Level 2 in years 5 &amp; 6.</p>	Years 2 to 4
Level 2	<p>This course takes place on local streets, giving trainees a real cycling experience. Riders learn how to make independent decisions to deal with simple junctions on local roads.</p> <p>Riders and year groups who have already completed Level 1 in years 2 to 4 can go straight on to a Level 2 course.</p>	Year 5 & 6
Level 1/2	<p>This course combines Level 1 and 2.</p> <p>Level 1/2 courses have been running in Shropshire schools for many years and work very well for a lot of schools.</p>	Year 5 & 6
Level 3	<p>This course equips trainees with skills for more challenging roads and traffic situations and incorporates the four core functions of cycling, namely; Better observations, clear communications, understanding priorities and assertive positioning. The areas that Level 3 is delivered in will dictate the environments used and can include – busier streets, queuing traffic, complex junctions and roundabouts.</p> <p>Level 3 training is open to anyone year 6 and above and is ideal for year 7 and 8 in Secondary Schools.</p>	Year 6 and above
Balance	<p>Four 45 minute sessions that aim to prepare children with the skills that they will need to ride a pedal bike, using games and balance bikes to develop their bike handling and awareness skills. Some children may be able to progress to pedal cycling at the end of this course. This course is also an excellent way to encourage physical activities amongst early years pupils.</p> <p>Bikeability Balance is delivered to groups of Foundation Stage and</p>	Year R, 1 & 2

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	KS1 children and all equipment is provided.	
Learn to Ride	<p>For 'not-yet-riders', this module is designed for anyone who has yet to master pedalling and riding independently. Suitable for any age but ideally for year 2 and above, Learn to Ride offers progression from Bikeability Balance and is excellent preparation for Bikeability Level 1. Can also involve non-riding parents and school staff.</p> <p>Learn to Ride is delivered to small groups where each rider will receive up to 3 hours training.</p>	Year 2 and above
Family	<p>Bikeability Family provides a tailored training package of up to 3 hours to help people living in the same household cycle together.</p> <p>Riders must already be able to cycle so the training is not suitable for very young children still on stabilisers and riding balance bikes.</p> <p>The training comprises: an on-line self-assessment, a training session in a traffic free environment to work on the basics of bike control and best positioning to ride as a family group and an on-road family bike ride using a pre-planned and agreed route. The training is delivered close to the family home and at a mutually convenient location.</p>	Per household of up to 6 riders

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### **Course Structures.**

- ❓ For Primary (Junior) schools our standard Bikeability course is a combined Level 1 and Level 2 course and is normally run over 1.5 days (7 to 12 pupils inclusive) or 3 days (13 to 24 pupils inclusive). It is aimed principally at Year 6 pupils but can include Year 5 pupils if there aren't enough Year 6 pupils.
- ❓ Our standard course will normally accommodate up to 24 pupils but if you have more than this we will combine the 1.5 day course and the 3 day course to accommodate the increased numbers.
- ❓ For numbers lower than 7 we can tailor a course to your needs. This will involve some one-to-one training.
- ❓ We provide Bikeability training free of charge whatever the size of your school. No school group is too small for us, as we believe that all year 6 children should receive this training if possible. However, it makes sense for small schools to book a course every other year for years 5 and 6 together.
- ❓ Children must be able to balance and ride steadily in a straight line, for at least 25m for Level 1 and 2 courses. If you have children who would like to take part but can't do this, ask about Learn to Ride courses
- ❓ For Level 3 courses in year 6 and in Secondary schools we offer a course for small groups of 4 pupils over 2 hours. All Level 3 courses start with a Level 2 refresher.
- ❓ Pupils will receive a Certificate, Bikeability badge and booklet appropriate to the Level they have taken part in. Feedback on their riding will be written on the reverse of the certificate.

### **Health and safety, risk assessments and child protection.**

- ❓ Cycle training has a very good safety record. All our instructors are trained in risk assessment, and every activity we undertake is risk assessed. A site-specific risk assessment will be completed for each school on the first day of training.
- ❓ Instructors all have Enhanced DBS checks which are reviewed regularly. We ask our instructors to carry copies of certificates with them when visiting schools so you can ask to see them. If you have concerns about any of our Instructors, please call Sam on 07905 809915.

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### **Our contract with you.**

- ☐ We agree to provide high quality cycle training to your school free of charge (except for Bikeability Balance). We promise that our instructors will be fully trained to National Standards, and fully DBS checked. They will turn up on time and provide the training agreed.
- ☐ You agree to honour any bookings that you have made. We ask you not to cancel or reduce the number of sessions due to other school commitments e.g. secondary school visits for year 6 pupils, school trips, swimming lessons etc. once a booking is made.
- ☐ Cancellations/postponements due to extreme weather conditions are, of course, a fact of life.

### **Booking your course.**

- ☐ We will be calling you in the coming weeks to book your course or discuss your current provisional booking. Please appreciate that there are only so many courses that can be run in the summer months. We deliver our training throughout the whole year and bookings can be made at any time.
- ☐ To book simply call Sam on 07905 809915 or email [admin@learncycling.com](mailto:admin@learncycling.com)

### **The process after that.**

- ☐ We will send you an email to confirm a formal booking with a parental consent letter.
- ☐ You need to send out the parental consent letter to parents of the children receiving the training at least three weeks before the course start date.
- ☐ Two weeks prior to the course we'll call you to check how many children have returned their Parental Consent Forms and are expected on the course.
- ☐ We then ask you to complete a register of riders with any medical or other needs for the instructors on the first day of your course.
- ☐ At this point we can send you a dedicated course timetable for your course.

### **On the first day of training.**

- ☐ The Instructors should be with you by 8.40 am.
- ☐ They will need a register of the full names of the children taking part in the training.

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☒ Please discuss with the Instructors any changes you would like to make to the course timetable previously sent. We try to be as flexible as possible.

### **At the end of the course.**

- ☒ Pupils will receive feedback, along with a badge and certificate and booklet. We are happy if you prefer to award these in an assembly. Please let the instructors know.
- ☒ After the course we will send you a copy of the instructor's report and ask you to complete a simple feedback report form about us.

We look forward to working with you soon.