



Worle Community School Academy
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 North Somerset
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February 2020

Dear Parent / Carer,

Re: Year 7, 8 and 9 Bikeability Level 3 Cycling Safety Training & Bikeability fix (maintenance training)

This is a charity funded event for Year 7, 8 and 9 students to take part in a fantastic **FREE** opportunity on offer at Worle Community School Academy. This will take place during the upcoming February half term (17th, 18th, 21st February) with a choice of session times.

As part of the schools Active Travel Plan we aim to raise awareness and create opportunities for young people to travel actively and safely to and from school. We know that this will benefit the whole school community.

To give young people the confidence to travel actively we are offering Bikeability Level 3 training and bike maintenance training. The training is free of charge (funded by North Somerset Council) and will be led by Life Cycle (www.lifecycleuk.org.uk).

What is Bikeability Level 3 Training?

Level 3 training is fun and suitable for young people at secondary school and covers dealing with hazards, making 'on-the-move' risk assessments and planning routes for safer cycling. Training will happen on the school site and away from the school site in the local area.

Once students have completed their Bikeability Level 3 qualification green badge, they will be able to cycle almost anywhere, and:

- *Make a trip to school, work or elsewhere on any roads*
- *Use complex junctions and road features such as roundabouts, multi-lane roads and traffic lights*
- *Understand driver blind spots*
- *Know how (and when) to pass queuing traffic*
- *Identify and react to hazardous road surfaces*
- *Plan a safe cycling route*
- *Interpret road signs*

I want my child to take part in this opportunity – What do I do?

- ✓ Click the link to be directed to online booking via Life Cycle UK: www.lifecycleuk.org.uk/free
- ✓ Please note the capacity of each course is 6 students, there are a maximum 36 Level 3 places on offer and 20 Bikeability Fix. Each course is 2.5hours long. You can book a place on both the Bikeability Fix and the Bikeability level 3 training if you wish.
- ✓ At home complete the bike M-Check (download from Life Cycle website) and ensure your child's bike is safe and ready for their session.

What equipment do I need?

- ✓ On the day students need to bring their appropriate **BIKE** and **HELMET**. A **bike lock** is also a good idea should your child need to leave their bike at any time.
- ✓ Please bring **still drink** (no energy drinks) in a **small rucksack** and a small healthy snack if wanted – there is **not** a planned 'break' within the training time.
- ✓ Sun screen if appropriate

What should I wear?

- ✓ The **weather** is expected to be **changeable please prepare accordingly**.
- ✓ Students should wear **warm clothes** and a **waterproof** coat, gloves and **sturdy footwear** such as PE trainers.
- ✓ For Bikeability Fix we suggest wearing old clothes or bringing **protective clothing** e.g. apron

Please consider

- ✓ The dates are during the **first week of the school holiday (17-19 Feb)**; please check your child will be available and able to get to school on the chosen date.

Safety

- ✓ All instructors are approved and accredited to work with young people in this capacity. Full risk assessments have been carried out and the instructor participant ratio is particularly high support the cycling activity.

Cost

- ✓ Both Level 3 and Bikeability Fix are offered free of charge by North Somerset Council, however, to ensure the courses are able to run, there is a **£10 refundable deposit**. This will be refunded straight back to your account after your child has attended the training.

On the day

- ✓ Students should arrive at the **main school reception** for their morning or afternoon session to be met by the Life Cycle instructors. A member of school staff will be present on school grounds at all times.
- ✓ The direct line number for this office is below should you need to contact someone in school on the day of the event.
- ✓ This activity will go ahead in **MOST WEATHERS** (including rain). Learning to cycle in all weathers is part of being a ready cyclist able to deal with the challenges of the road. Being able to navigate more challenging conditions will prepare the group for a normal journey to school. Please bear this in mind and **prepare your child accordingly**.
- ✓ Whilst Worle Community School are facilitating this opportunity, your child will be the **responsibility of the Bikeability Team** whilst in the activity.

I hope that your child gains a great deal of confidence from this excellent opportunity. If you would like to discuss any aspect of this letter, please contact me on 01934 510777 or email admin@worle-school.org.uk

Kind Regards,



Neil Bird

Operations Manager