Bikeability Level 1 & 2 Cycle Training – Course Details and Booking Information for Parents

Bikeability is a national cycle training program funded by the Department for Transport (DfT) and delivered free of charge by Cyclewise on behalf of Cumberland Council & Westmorland and Furness Council. Our professional, DBS-checked instructors will equip your child with essential cycling skills for life. Learn more at www.bikeability.org.uk.

Course Details –

Level 1 – Playground-based training to check and master bike control. Participants **must** meet the required standard to progress to Level 2.

Level 2 – On-road training covering basic maneuvers, including turns and overtaking parked cars.

Please note that this course is not designed to teach children to ride.

How You Can Help

Before the course, ensure your child can:

✓ Start & stop safely
✓ Ride in a straight line
✓ Use gears effectively
✓ Look behind and signal while maintaining control

Your child will not be able to progress through the course if they are not able to complete the above.

Important – Your Child's Bike **must** be in a roadworthy condition to be able to participate in the course. (E-bikes are not permitted on the course)

✓ **Fit** – Both feet should touch the ground when seated
✓ **Condition** – No loose or damaged parts
✓ **Tyres** – Adequate tread, no splits, properly inflated
✓ **Brakes** – Both front & rear brakes must work effectively
✓ **Helmet** – Should meet BS EN 1078 standards (We have spare helmets to borrow)

The training will take place at your school on the **25th – 29th January** when your child is in Year 5.

Booking & Consent

To make a booking, please complete the online consent. The cut off date is the **16th November** to book for the course.

👉 **Type the url** into your website browser or https://consent.bikeability.org.uk/zip-woo-oft or scan the QR code.

Sir John Barrow-Ulverston

If you are unable to complete this online please contact your school for guidance. For any questions, please contact the **Bikeability Office**—we are happy to help.

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