



cyclinginstructor.com

Dear Parent/Guardian

We have arranged for cycle trainers to visit our school and provide an opportunity for your child to participate on a Bikeability Level 1 course. The training takes place in the playground. If your child has a bicycle and helmet, please bring these along for the training; the wearing of helmets is compulsory. We can supply a bike and helmet, if your child does not have one (subject to availability and enough notice being given).

Places are limited on the course. You can apply for a space by completing and returning the attached consent form. Places are offered on a first served, first come basis.

Dates your child needs to bring their bike and helmet into school are:

**25 & 26 April**

The Bikeability Level 1 course aims to develop cycle handling skills, to a competent and consistent level. This is not a course for children who have never ridden, to learn to ride; children attending **should be able to ride a bike without stabilisers**.

Trainers are qualified and DBS checked.

Attached is a guide to checking your child's bike, and recommended clothing.

Bikeability is an important part of our program as an active healthy and sustainable school.

If you wish your child to take part, please submit the electronic form [here](#) as soon as possible.

Kind regards

Michaela Smith  
Kenley Primary School

## How to check your bike

To see if there are any problems with your bike check the following items. Using this M Check will ensure that you do not miss any items.

Start at the front, Point A and work your way to B, C, and D to E at the back of the bike.



**Front wheel:** Check to see if:

- Quick-release or wheel-nuts loose.
- Hub bearings loose or binding.
- Spokes loose, broken or missing

**Front Tyre:** Check to see if

- Under-inflated /punctured
- Worn or cracked

**Front brake:** check to see if

- Front wheel locks when the brake lever is pulled
- Brake pads rubbing tyre or wheel rim
- Brake pads missing

**Headset and handlebars:** check to see if

- The forks are damaged
- Headset loose
- Handlebars are not clamped tightly

### How to check your bike

**Frame:** check to see if:

- Frame not bent or damaged

**Crank and Front gear:** check to see if

- Gear moves the chain from one sprocket to another
- Sprocket not bent
- Crank shaft not loose
- Pedals not loose

**Seat and seat post:** check to see if:

- Saddle does not move
- Seat post does not move

**Rear Brake:** Check as for front brake

**Rear wheel:** check as for front wheel

**Rear tyre:** check as for front tyre

**Rear gear:** check as for front gear

## What to wear

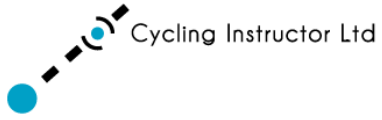
It is important that your child wear the correct clothes for cycling. Full details are on our web site. Clothes should be comfortable. Your child should wear

- Cycle Helmet
- Shoes or trainers
- Gloves if it is cold
- Coats if it is cold
- Socks to keep their feet warm and to tuck the bottoms of their trousers into
- Girls should wear trousers.

A helmet must adhere to the relevant CE standards and be fitted properly.

It is not a legal requirement for Helmets to be worn, when cycling, in the Highway code. It does say that cyclists SHOULD wear a helmet

[http://www.direct.gov.uk/en/TravelAndTransport/Highwaycode/DG\\_069837](http://www.direct.gov.uk/en/TravelAndTransport/Highwaycode/DG_069837)



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