



Dear Parents and Carers,

'Year 5 Bikeability' – Monday 28th April 2025

We are excited to announce that your child has the opportunity to take part in Bikeability training in order to enable them to complete Level 1. Bikeability is designed to give all riders the skills and confidence to ride their bikes on today's roads.

Some of you may know Bikeability is something that historically, we have always done in Year 6, but West Sussex has decided to split the training into two parts, therefore, we will do Level 1 in Year 5 and Level 2 in Year 6.

This training is completely free.

Please note that safety measures have been put in place and ratios to the course have been changed to adhere to government guidance, and thorough Risk Assessments have been created. The safety of all riders involved in training is the number one priority. However, the syllabus outcomes remain unaltered.

- Riders will be instructed on how to ride their bikes to the Government approved National Standard for Cycle Training, which sets out the training and skills essential for making cycle trips in today's road conditions.
- Riders travelling to and from school during the week of Bikeability training remain the responsibility of their parents.
- The course is designed for riders who have **reasonable control of a bicycle**. This course is **not** suitable for complete beginners. (Please contact the cycle training team for more information on complete beginners training)
- If your child has a recognised SEND, or may require additional help, or has special requirements to enable them to participate in the Bikeability Course, then please contact the team directly via CycleTraining@westsussex.gov.uk to discuss how we can best support you and your child in their Bikeability journey.

To take part in a Bikeability Course, riders must have the following:

- A roadworthy bicycle that is in good working order and of the correct size (*Please refer to pages 6 and 7 of the Cycle Right Magazine for bike checks*).
- An approved correctly fitting cycle helmet (*Please refer to page 7 of the Cycle Right Magazine*).
- Appropriate dress for the weather conditions. (*A waterproof coat if it is raining and sunscreen if it is hot and sunny*).
- Instructors have the right to refuse to train a pupil if the above criteria are not met.

Please check that your child's bike and helmet meets the requirements set out in the Parent/Carer Information letter attached. Requirements can also be found on pages 6 and 7 of The Cycle Right Magazine which can be found here https://www.westsussex.gov.uk/media/11975/cycle_right.pdf.

Your child will need to bring their bike to school on the day of their training and lock it securely in the cycle shed. If your child's lock requires a key, please ensure that it is named and given to the class teacher.

For your child to take part in this fantastic opportunity, please complete and return the Google consent form by **Friday 18th April**.

<https://forms.gle/qkdtCMfCutodPZ7aA>

Should you have any questions, please do not hesitate to speak to your child's class teacher.

Kind Regards

Mr. Garcia Mrs. Manville