

Bikeability Consent Form - Level 1 & 2

Great news! Your school has taken up the opportunity of Bikeability level 1 & 2

The course starts off-road, then if all outcomes are met, progresses to the **local roads** for Level 2. It helps children learn practical skills and understand how to cycle on today's roads

To find out more about the training and ensure they are prepared please visit Bikeability

Bikeability is the government's national cycle training programme. It gives everyone the confidence to cycle and enjoy this skill for life, however, is not a guarantee of their safety

What you need to know...

- To take part, the participant needs to be able to ride, without stabilisers, pedal one handed in a straight line (both hands), look behind while riding
- The bike needs to be in roadworthy condition and have two working brakes. Our instructors may
 make minor adjustments and rectify faults to the bike:
 - · Adjust saddle/seat height and position
 - Check and secure handlebar height and position
 - · Adjust the angle of brake levers and gear shifters
 - Adjust the alignment of brakes and brake tension and adjust brake lever reach
 - · Loosen/tighten wheels
 - Increase/decrease tyre pressure and fix a puncture

If the bike doesn't meet the roadworthy requirements, the instructor may have to discontinue training.

- Instructors reserve the right to stop training if the participants behavior is not acceptable, or if their cycling skills aren't suitable. It's all about keeping the ride safe for everyone!
- They need to be appropriately dressed for the weather and bring a snack and drink in a small rucksack
- You will need to provide a helmet (not full face), which you agree conforms to EN 1078. Instructors
 may adjust the helmet if required.

If they do not have a bike but would still like to take part, please fill in the last page and we will arrange for a loan bike and helmet for the duration of the training, subject to availability.

Childs Name:	School Year:	







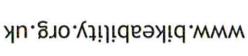


Rider characteristics Delivery of cycle training is subsidised by The Bikeability Trust. To support the equal delivery and monitoring of training sessions/courses across England the Bikeability Trust is required to collect information about rider characteristics. Please see bikeability.org.uk/privacy-statement for further details.

will be shared with the course instructors for	rovide Bikeability. Your personal information	email cycletraining@essex.gov.uk Essex County Council will use your information to p
, and you have concerns please	ove or they have a specific need	If you do not consent to any of the al
:91		I confirm that I have read all the infori Signed(parent/guardian):
¿s	they entitled to free school meal	этА
The state of the s		I am happy for photographs or video be used by the school, training provio including social media).
you haven't completed the	mation due to data protection if	Are there ANY medical conditions, information on this form. (Please le information on this form. (Please le information on this form.
☐ Mixed - White and Black African □ Mixed - Any other Mixed □ White - Irish □ White - Any other White □ White - Any other White □ Prefer not to say	J White - Gypsy/Roma J White - Traveller of Irish leritage J White British J Asian - Chinese J Asian - Pakistani J Black - Black African Sckground	□ Asian − Bangladeshi □ Asian − Indian □ Asian - Any other Asian background □ Black - Black Caribbean □ Mixed - White and Black □ Mixed - White and Black
Prefer not to say	□ Other	Gender

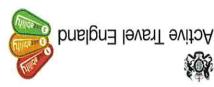






the duration of the course. Information will be retained for the duration of eligibility for Bikeability services. For more information regarding your rights and our commitments visit https://www.essex.gov.uk/privacy-environment-and-transport. Essex County Council is not responsible

for any injury, or liable for any loss or damage to participants cycles and other belongings.





Bike Loan Form

If they DO NOT HAVE A BIKE but would still like to take part, please fill in this page and return it to your school, with details of the size you require from the size chart below, and we will arrange a loan bike and helmet for the training, SUBJECT TO AVAILABILITY. We have a very limited number of bikes available so please only apply if you do not have access to a bike

20"	24"	26"	14"
SIZE	S1ZE	SIZE	SIZE
HEIGHT	HEIGHT	HEIGHT	HEIGHT
120-135 CM	130-145 CM	143-150 CM	147-152 CM
INSIDE LEG	INSIDE LEG	INSIDE LEG	INSIDE LEG
50 - 65 CM	65 - 76 CM	73 - 81 CM	77 - 87 CM

Childs Name:
Bike Size Required: 20 inch Wheel
☐ 24 inch Wheel
☐ 26 inch Wheel
☐ 14 inch Frame





