



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](https://www.bikeability.org.uk)

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: _____



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www.bikeability.org.uk





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/](https://www.bikeability.org.uk/privacy-statement/) for further details.

Gender	<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Other <input type="checkbox"/> Prefer not to say
Ethnicity	<input type="checkbox"/> Asian – Bangladeshi <input type="checkbox"/> Asian – Indian <input type="checkbox"/> Asian – Any other Asian background <input type="checkbox"/> Black - Black Caribbean <input type="checkbox"/> Mixed - White and Asian <input type="checkbox"/> Mixed - White and Black Caribbean <input type="checkbox"/> White - Gypsy/Roma Heritage <input type="checkbox"/> White - Traveller of Irish background <input type="checkbox"/> White - Any other ethnic group - Arab background <input type="checkbox"/> Asian - Chinese <input type="checkbox"/> Asian – Pakistani <input type="checkbox"/> Black - Black African <input type="checkbox"/> Black - Any other Black background <input type="checkbox"/> Mixed - White and Black African <input type="checkbox"/> Mixed - Any other Mixed background <input type="checkbox"/> White – Irish background <input type="checkbox"/> Any other ethnic group background <input type="checkbox"/> White - Any other White background <input type="checkbox"/> Prefer not to say

Do they hold SEND status? (If yes please give as much detail as possible below)

☐ Yes ☐ No

Are there ANY medical conditions, or additional special educational needs?

The school might not share the information due to data protection if you haven't completed the information on this form. (Please let us know if they have asthma and whether any asthma inhalers are needed).

I am happy for photographs or videos to be taken during Bikeability cycle training. These images may be used by the school, training provider or Bikeability Trust to promote the programme (possibly including social media).

☐ Yes ☐ No

Are they entitled to free school meals?

☐ Yes ☐ No

I confirm that I have read all the information and consent to the above

Signed(parent/guardian):

Date:

If you do not consent to any of the above or they have a specific need, and you have concerns please

email cycletraining@essex.gov.uk

Essex County Council will use your information to provide Bikeability. Your personal information will be shared with the course instructors for 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.



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www.bikeability.org.uk









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

Childs Name:

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



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