



Bikeability Training Level 1 & 2

This information sheet tells Parents/Guardians about the course and the actions they need to take to ensure their child can participate and gain the most benefit from doing so.



What is Bikeability? Bikeability is the Cycling Proficiency Test for the 21st century, designed to give the next generation the skills and confidence to ride their bikes on today's roads. There are three Bikeability levels and children will be encouraged and inspired to achieve all three levels, recognising that there is always more to learn and to enjoy on a bike.

What is the National Cycle Training Standard? The National Standard for Cycle Training sets out the skills needed for cyclists to be competent and confident using their bikes for all sorts of journeys. Building on the experience of cycling proficiency the National Cycle Training Standard has been developed by over 20 expert organisations in response to public demand for a modern, nationwide scheme that caters for today's road conditions. The Standard is a realistic progressive scheme that moves through three levels to give parents the reassurance that their children have the necessary skills and confidence to cycle at each stage of their development and particularly to cycle to school.

The Course

Level 1 - The children from Year 4 onwards will learn how to check the safety of their equipment using the 'M' check procedure to ensure bikes are suitable for training. Children will be assessed on their basic handling skills in the school grounds, using a combination of demonstration, drills and games to impart and embed the required knowledge and skills. When ready, trainees will move onto Level 2

Level 2 - Cycling on local roads, accompanied by the instructors, trainees will practice road positioning, observation and safe manoeuvring whilst learning how to interact with other road users in a safe and responsible manner. The course is fun and enjoyable and aimed at Year 5 onwards.

Duration: The training will be delivered over a period agreed with the school in curriculum time.

Ability: Trainees must be able to cycle unaided in a straight line, round corners and be able to ride with one hand in order to signal. Leading up to the course, you could help your child practice these skills, along with looking over their shoulders (without wobbling).

Attendance & Award: This course is Bikeability accredited. Trainees will receive a printed certificate. However, training is incremental and sequential. If trainees do not attend one session, they may not achieve the level required to participate in following sessions which will hinder their opportunity to receive the award.

Equipment: Trainees must have their own bikes and helmets. Bikes must be in a roadworthy condition e.g., working brakes, pumped up tyres. A good fitting CE marked helmet must be worn. **Instructors will enforce the wearing of helmets.**

Behaviour: We require good behaviour from all trainees. If instructors believe a trainee may be a danger to themselves or the group, the instructor may exclude the trainee from the course. The instructors' decision is final.

Cost: Courses are free, paid for and delivered by Erewash School Sport Partnership.

What to wear: Trainees need to be appropriately dressed for the weather that day, consider waterproof/ warm jacket and gloves, or sun cream. Please see the form titled Bike, Helmet and Clothing Checklist.

Consent Forms: All trainees must have parental consent in order to participate. Whether this is a signed form or online via a school's parental portal. This is not negotiable. No parental/guardian consent, no training.

What you need to do:

Complete the online consent form via the link below or scan the QR code. Consent needs to be completed by Monday 6th October 2025.

Dates for the training will be confirmed at a later date.

<https://consent.bikeability.org.uk/kit-fed-cot>

