



Dear Parent / Guardian,

The London Borough of Bromley Cycling Team has provisionally booked Bikeability Cycle Training for the Year 6 students at your child's school in September 2024.

### **What is Bikeability?**

Bikeability courses are designed to train children to cycle on the road safely and with confidence, so that they can go on to make independent on-road journeys. This course consists of two levels and takes place over a day and a half.

- **Level One – Day one, registration to morning break**

This is an off-road assessment where the pupils will practise basic skills such as use of gears, stopping quickly with control, manoeuvring safely to avoid objects, looking all around including behind without wobbling and signalling with control.

**Please note, your child must be able to ride to a reasonable standard and successfully complete Level 1 in order to progress onto Level 2.**

- **Level Two – Day one morning break to end of day one. Day two - registration to lunchtime**

This takes place on quiet local roads at locations that have been risk assessed. Children are able to use the above skills via a range of practical exercises and assessments.

All children receive a booklet, badge, and certificate for the highest level they participated in, and will receive feedback which will be confirmed on the back of the certificate.

### **How can I apply?**

Please apply online by clicking on the link below, you can also find more information about the course using the same link.

<https://www.bromley.gov.uk/cycle-training/child-cycle-training>

Please ensure you mention any Special or Medical Needs your child has that we need to be aware of.

The deadline to apply is **6<sup>th</sup> July 2024**, unfortunately any applications received before you received this email or after the deadline will not be considered for the course.

Places are allocated on a first come first serve basis.

**Equipment required**

Please note **your child must have a roadworthy bike of the correct size and a cycle helmet** and they **must be already able to ride** in order to take part in the course.

Children should wear suitable clothes for riding in, and the weather.

Kind regards,

Kelly

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