



# Bikeability Level 2 Cycle Training

## What is Bikeability Level 2?

At East Sussex County Council we deliver a combined Level 1 & Level 2 Bikeability course.

The Bikeability Level 2 course develops your skills and confidence for cycling on single lane roads with simple junctions and mostly moderate traffic. During the training you learn how to make independent decisions and cycle safely and responsibly.

For further information regarding Bikeability please visit [www.bikeability.org.uk](http://www.bikeability.org.uk)

During the first session all riders must demonstrate competent, confident and consistent cycling off road (on the playground) to progress to the on road part of the course.

## How much will it cost?

The course will cost only £20.00

Level 2 is free to children claiming free school meals.

## What should I do next?

- Complete the consent letter and return the form with payment to the Teacher or school office

## What do I need to have for my child to take part?

- A safe working bike with two working brakes (**during social distancing rules not all bikes will be checked, it is the responsibility of the parent/guardian to ensure the bike is roadworthy**)
- A correctly fitted helmet
- Suitable bright clothing for weather on the day (i.e Lightweight waterproofs if wet and gloves if cold)
- Sun cream to protect from sunburn
- Sensible footwear
- If your child has their own high visibility tabard

## COVID 19 Updates

- Cycle training will be delivered in line with current Covid-19 government guidance for schools. All training will be undertaken with social distancing between riders and trainers. If you would like further information about the steps East Sussex Cycle Training have taken please speak to the school
- Bike checks will need to be completed by parents/guardians and will not be undertaken by instructors.
- Group sizes may be reduced during this Covid period.

## The Bikeability Club

Go online at [www.bikeability.org.uk](http://www.bikeability.org.uk) to join the Bikeability Club, for lots of extras including: how to get a free cycle check before training, and chances to win a new cycle! There is also additional help and resources for your family to continue your cycling journey after Bikeability.

HAPPY CYCLING FROM YOUR BIKEABILITY TEAM!!!!

email: [cycle.training@eastsussex.gov.uk](mailto:cycle.training@eastsussex.gov.uk)





## BIKEABILITY LEVEL 2 - CONSENT FORM

School: .....

Date Course commences:..... Course Times: ... ..

Please return the signed consent form to the school to confirm your booking

Cost £20.00

Payment for the course: PLEASE MAKE PAYMENT ON PARENTPAY

My child is eligible for free school meals (please circle) Yes No

Child's Name: ..... Class: .....

Parent/Guardian's Name: .....

Contact Number/Email address: .....

- I understand instructors are not responsible for any injury or liable for any loss or damage to participants' cycles & other belongings
- I agree for my child to have photos taken for media promotion of the event
- I can confirm that I am happy for mine and my child's personal data to be processed in line with terms set out in the Privacy Notice (visit the below link or ask your school for a copy).  
[www.eastsussex.gov.uk/privacy/cycle-training/](http://www.eastsussex.gov.uk/privacy/cycle-training/)
- I give permission for my child to take part and that she/he will use a bike in roadworthy condition and **wear a cycle helmet.**
- I will accept responsibility for the risk of transmission of Covid-19 to my child

Signed: ..... (Parent/Guardian)

Date: .....

Please let us know if your child has any special requirements (medical or behavioural) that the cycle trainers will need to be made aware of, or that may have an impact on their cycling ability. Please provide details below including any medication that your child may require during the course.

This includes any **Covid 19** information such as sanitiser allergies or identifying vulnerable children and children living with vulnerable adults.

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email: [cycle.training@eastsussex.gov.uk](mailto:cycle.training@eastsussex.gov.uk)

**PLEASE NOTE CYCLE TRAINERS HOLD EMERGENCY FIRST AID AT WORK QUALIFICATIONS BUT ARE NOT TRAINED TO ADMINISTER MEDICATION; OTHER ARRANGEMENTS WILL HAVE TO BE MADE VIA THE SCHOOL**

email: [cycle.training@eastsussex.gov.uk](mailto:cycle.training@eastsussex.gov.uk)

Visit us at:  
Level 2 consent TEMPLATE C19 Sept 20



East Sussex Cycle Training



@wheeliesafe