



Westmorland
& Furness
Council



Bikeability Level 1 Cycle Training – Course Details and Booking Information for Parents

Bikeability is a national cycle training program funded by the Department for Transport (DfT) and delivered free of charge by Cyclewise on behalf of Cumberland Council & Westmorland and Furness Council. Our professional, DBS-checked instructors will equip your child with essential cycling skills for life. Learn more at www.bikeability.org.uk.

Course Details

Level 1 - The course will consist of a playground session during the school day which will cover all aspects of Bikeability Level 1 training. The course will teach the children better control and give them more confidence in their ability to brake, observe and indicate whilst riding in the safe environment of the playground.

Please note - the session is not designed to teach your child how to ride a bicycle.

How You Can Help

Before the course, ensure your child can:

- ✓ Start & stop safely
- ✓ Ride in a straight line
- ✓ Use gears effectively
- ✓ Look behind and signal while maintaining control

Important – Your Child's Bike **must** be in a roadworthy condition to be able to participate in the course.

- ✓ **Fit** – Both feet should touch the ground when seated
- ✓ **Condition** – No loose or damaged parts
- ✓ **Tyres** – Adequate tread, no splits, properly inflated
- ✓ **Brakes** – Both front & rear brakes must work effectively
- ✓ **Helmet (Recommended)** – Should meet BS EN 1078 standards (We will have some spare helmets)

We will be visiting your school on the **26th November** to deliver this Bikeability session to your child when they are in Year 4.



Booking & Consent

To make a booking, please complete the online consent. The cut off date is the **14th October** to register for the course.

👉 Click here or type the url into your website browser
<https://consent.bikeability.org.uk/gain-grown-sure> or scan the QR code.

If you are unable to complete this online please contact your school for guidance. For any questions, please contact the **Bikeability Office**—we are happy to help.

Cyclewise Bikeability Office

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