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FIRE & RESCUE SERVICE

Dear Parent(s)/Carer(s)

Bikeability at Kirtlington Primary School

Oxfordshire County Council Fire & Rescue Service's Road Safety Team are delighted to offer your child a place on a Bikeability cycle training course on the following dates:

11th November 2024 – 14th November 2024

What is Bikeability?

To find out more about Bikeability, look at their website: www.bikeability.org.uk

Your child will have the opportunity to take part in the Level 1 & 2 combined course. This will be a total of around 8 hours training. Their cycling/road safety skills will be continually assessed during the course. On successful completion, a Level 1 or Level 2 badge and certificate will be awarded.

Course Conditions

To be able to attend this course:

- ***Your child must be 9 years old on or before the first training session.***

- Your child **must** have a ***road bike*** in a good, roadworthy condition of suitable size, ***with two working brakes and working gears (no stunt or off-road bikes)***. Although bicycles will be checked by the course instructor(s) at the first session, if any repairs or maintenance is needed to make the bicycle road-safe and useable, this **must** be carried out **before** the first training session for your child to participate in the course.
- Please see the attached bicycle check list, and the 'M check' video at: https://www.youtube.com/watch?v=4qtx60bcNk0.
- A correctly fitting ***road cycle helmet*** (to standard EN1078) **must** be worn always during the training ***(no full face helmets).*** Please also ensure that your child is dressed appropriately for the training and weather conditions.
- **Your child should have experience of riding a bicycle and MUST have reasonable bicycle control.** The instructor(s) will observe this during the Level 1 session on the playground and assess whether your child is ready to continue to Level 2 on-road training.

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Children are expected to behave sensibly, follow instructions and ride safely. They must not endanger themselves, other riders, or other road users. Inappropriate behaviour will result in the rider being removed from the course.

Consent

To secure your child's place please follow the link or QR code which is unique to this training session to provide your consent. Please note, we are unable to allow children onto the course if consent has not been received. **Please ensure you complete your consent form by 8th November 2024.**

https://consent.bikeability.org.uk/free-bad-world

For further information or if you are having trouble accessing the link, please contact your class teacher in the first instance, or me directly using the details below.

Kind Regards

Kirsty Williams

Road Safety Officer

Kirsty.goodgame@oxfordshire.gov.uk

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Bicycle check list – Before your child attends the Cycling Training Course, please would you ensure the following items have been checked. If you are unsure about what to do please seek the assistance of your local cycle shop. Also, see: https://www.youtube.com/watch?v=4qtx60bcNk0

Saddle Height – Cyclist should be able to touch the ground with the balls of both feet whilst sitting on the saddle. If the feet are flat on the ground the saddle is too low. Check saddle does not move up/down or left/right.

Gears – Ensure gears are correctly adjusted so they shift properly, and the chain does not come off when changing gears

Headset – Check for "Shake" by lifting bike off the ground. If the frame moves or rattles before the front wheel then the headset needs tightening

Handlebars – Check the handlebars are tight by standing astride the front wheel & trying to turn the handlebars.

Back Reflector – This is required between sunset & sunrise, & kept clean

Front/Rear Brakes – Please ensure that they are in full working order. The brakes blocks should grip the rim when the brake is applied & not touch the rim when released.

Tyres – Please ensure that they have a good tread & are pumped up hard. Any punctures must be fixed.

Wheels - Check wheels are not bent or buckled. Check the wheel nuts are tight.

Spokes – Check they are tight, replace any missing ones.

Chain – The chain should be well oiled. Check the tension so that it will not come off in use.

Pedals – They spin freely, the shaft connecting both pedals through frame is tight

Cycle Helmet – please ensure it is correctly adjusted so that there is no great movement either up or down. A good test is to put your hand flat on your nose & push your hand up towards your helmet. If the helmet moves easily away from your forehead then it is too loose & needs readjusting.

Bell – This is not required although it is a good idea to have one fitted.

Front/Rear Lights – These are required between sunset & sunrise & in poor visibility.

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