

Friday 10th July 2026

Dear Parent/ Carer

Your **Year 4** child has been given the opportunity to take part in a **Bikeability Taster Day** in the form of a **Bikeability Level 1 Training course** at their school in October when they are in Year 5.

The training will take place on **Thursday 8th October 2026**.

- Bikeability Level 1 is designed to help riders check the cycle and prepare for a ride, practice controlling control the cycle, and provides an introduction to the bike the skills needed when riding.
- The course takes place on the school playground (or another arranged controlled environment), playing games and doing activities to increase confidence and promote the enjoyment of cycling.
- We are a fully inclusive service. If your child is still learning to ride, is new to riding, still wobbly/unsure, or very nervous/anxious, we will do our best to support them, and get them going/feeling more confident. However, please let us know about this in advance so we can (where logistically possible) increase the number of instructors attending to support those still learning. Please add such info on the consent form and via CycleTraining@westsussex.gov.uk so we have the info as early as possible in advance of the course:
- If your child has SEND, or may require additional help, or has special requirements to enable them to participate in the Bikeability Course, then please contact the team directly via CycleTraining@westsussex.gov.uk to discuss how we can best support you and your child in their Bikeability journey.
- Riders travelling to and from school before, during & after the course remain the responsibility of their parents.

To take part in a Bikeability Course, riders must have the following:

- A bicycle that is in good working order and of the correct size.
- Both front and rear brakes must be in full working order, the tyres must be in good condition and pumped up, and the handlebars securely attached.
- An approved correctly fitting helmet.
- If you cannot provide a bike and/or a helmet for your child's use during the session please let us know asap via CycleTraining@westsussex.gov.uk – please also mark this on the consent form. We have a limited supply of bikes but with good notice we will do our best to deliver one for your child to borrow.
- Appropriate clothing is required for the weather conditions. *(A waterproof coat if it is raining, gloves if cold, and sunscreen if it is hot and sunny).*
- Please refer to pages 6 and 7 of the Cycle Right Magazine for bike checks.
https://www.westsussex.gov.uk/media/11975/cycle_right.pdf

Consent form

It is essential that the parental consent form is completed before the training takes place, preferably by 8th September. See link below to access the consent form.

<https://westsussex.cycleready.co.uk/Invitation/validate/dad49ace0c4842431dbc08decabbfb26.OXJGugghEIGMZuEhVP2WKEXCX1PpV7IOdPQ+LsfDWlo=>

Please ignore the consent form in the Cycle Right magazine.

Assessment

There is no cost to parents for this course and no 'test' for the children taking part. Children will receive a Level 1 certificate and badge for taking part in the course, and this will contain a summary of what they achieved in the session and what they need to work on & practice before they take Level 2 in Year 6.

The Road Safety Team reserves the right to decline training in the interest of safety, if felt necessary.

Should you have any further questions regarding the Bikeability cycle training, or for further advice and guidance please email CycleTraining@westsussex.gov.uk

Yours sincerely

Amanda Gillham

Cycle Training Development Officer

To Do List!

email CycleTraining@westsussex.gov.uk as soon as possible if you wish to borrow a bike and safety helmet in October

complete the consent form by 8th September 2026 if you wish your child to take part

check over your child's bicycle and safety helmet before the training date on 8th October 2026