

**Dear Parents/Carers,**

We are delighted to offer **FREE Bikeability Level 2 on-road training** for Year 5 pupils in Term 5 (April / May 2026), delivered by our local provider, **Life Cycle**.

**Training Dates:**

- Thursday 23<sup>rd</sup> April 2026 and Friday 24<sup>th</sup> April 2026
- Monday 27<sup>th</sup> April and Friday 1<sup>st</sup> May 2026
- Thursday 7<sup>th</sup> May and Friday 8<sup>th</sup> May 2026

**About the training:**

- Level 2 teaches children the skills and confidence to ride safely and independently on local roads.
- The training is 1.5 days. Day 1 = all day, Day 2 = morning.
- It is **not a beginners' course** – children must already be able to ride a bike.
- Training takes place on roads near the school with qualified instructors.

**Requirements. Children must have:**

- A roadworthy bike with working front and rear brakes and fully inflated tyres.
- A correctly fitted helmet.

**How to book:**

Places are limited. Please complete the online consent form via the link or QR code below **as soon as possible** so we can confirm dates with Life Cycle. The deadlines for bookings is Monday 20<sup>th</sup> April.

Once you submit consent, you'll receive helpful information by email, including:

- How to prepare your child for training.
- Helmet fitting guidance.
- Bike safety checks.

If your child hasn't cycled much recently, please encourage them to practise and check their saddle height.

We will confirm your child's training dates nearer the time.

Thank you for your support.

URL: <https://consent.bikeability.org.uk/video-usual-name>

