



# Phoenix St. Peter Academy

Executive Headteacher: Matthew Jordan, B.A. Hons. NPQH.

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31<sup>st</sup> October 2023

Dear Parents and Carers of Year 5 and 6









## **Bikeability Proficiency Road Safety Training**

Following the successful launch of our Bike Library scheme, we are pleased to confirm the date of your child's road safety training as follows:

Your child's name	Day 1	Day 2
Day		
Date		
Morning session	10:00 - 12:00p.m.	10:00 - 12:00p.m.
Afternoon session	1:00p.m. – 3:00p.m.	1:00p.m. – 3:00p.m.

**Please find attached a Consent Form which Suffolk Highways require before your child participates. Please complete and return this to the School Office as soon as possible.**

A Bike Check for Parents is also included to ensure your child's bike is safe for use during the training. Your child will need to wear, and bring the following equipment to school on both days of their training:

-  Bike
-  Helmet
-  School Uniform
-  Warm coat
-  Warm hat
-  Warm gloves
-  Trainers
-  Hi-Viz Vests will be provided by the school.

We are very much looking forward to the children's training which is delivered by two qualified National Standard Instructors. The training is very important to ensure your child rides safely. Overleaf is an outline of the training for your information

As always, should you have any queries please let us know.

Yours sincerely

Mr. M. L. Jordan  
Executive Headteacher



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## Level 1: 2 hours on the morning of Day 1.

Held in the school playground, the course will give children the necessary bike handling skills they need prior to cycling on the road, we do not teach how to ride a bike, we teach how to ride safely.

- 🔗 Bike safety checks
- 🔗 Getting on and off the bike safely
- 🔗 Starting off and pedalling without help
- 🔗 Stopping safely
- 🔗 Riding without wobbling
- 🔗 Steering where the rider wants to go
- 🔗 Using gears effectively
- 🔗 Stopping quickly under control
- 🔗 Steering to avoid objects
- 🔗 Looking behind without wobbling
- 🔗 Cycling with their left and right hands off the bars without wobbling too much.

## Level 2: 2 hours on the afternoon of Day 1. 2 hours on the morning of Day 2 2 hours on the afternoon of Day 2.

Road skills for beginners. This training will take place on roads at pre risk assessed locations allowing the children to experience and learn the manoeuvres necessary for the majority of their cycling needs.

- 🔗 Starting from side of the road
- 🔗 Stopping at the side of the road
- 🔗 Looking all around including behind
- 🔗 Understanding road positioning and where to signal
- 🔗 Passing a parked car or slower moving vehicles
- 🔗 Passing side roads safely
- 🔗 Turning left into a major road from a minor road and right from a minor road into a major road
- 🔗 Turning left into a minor road from a major road and right from a major road into a minor road.
- 🔗 Correct and safe use of a 'stop' U turn
- 🔗 Use of cycle lanes

## PLEASE NOTE

To give the riders the best chance at achieving the outcomes of the course, please help them to practice riding smoothly, stopping using brakes (not feet!), and get them to ride whilst taking one hand off the handlebars. These things will greatly enhance their ability to ride at the required level. **If your child has any issues that mean they cannot use both brakes, or would interfere with their riding ability, please let us know on the Consent Form.** There are often suggestions that we can make to assist., including the potential for the bicycle to be modified.

## Safety and behaviour

As we are responsible for the safe running of the course, we accordingly reserve the right to stop a session if, in our view, the behaviour of the children on the course, or any other factor, presents an unacceptable risk to themselves and/or others.

## Achievement Awards

Children will be awarded a Bikeability Certificate, booklet and badge for the uppermost Level completed. To achieve a pass all sections on the reverse of the certificated will be ticked off as completed to the required standard.

## Health and safety

SCC Cyclist Training abides by its generic risk assessments as well as conducting bespoke and dynamic risk assessments for each area that training takes place. Copies of all health and safety risk assessments are available for you to view upon request.