



cycle training in Exeter



Bikeability is the new cycle training scheme for the 21st century. Many adults will remember doing their Cycling Proficiency Test but Bikeability is designed to give the next generation the skills and confidence to ride their bikes on today's roads.

There are three Bikeability levels.

- Level 1 is usually covered in a traffic free environment and teaches basic cycle skills for children from seven to nine years old.
- Level 2 is covered on quiet roads but with real traffic conditions for children of ten years or older.
- Level 3 is for children of secondary school age, delivered on busy roads.

For more information go to www.bikeability.org.uk

The Cycle Exeter Training Team delivers Bikeability courses in all Exeter schools and they are currently 100% subsidised by the Cycle Exeter project. This is a partnership project between Devon County Council and Exeter City Council.

One of the main project aims is to encourage more children, of ten years old and above to cycle to school. By completing Bikeability Level 2 children will be able to demonstrate the skills and understanding to be able to make a trip on lightly trafficked roads. Each child that reaches the Level 2 receives a free Bikeability pack containing a certificate, booklet and a luminous metal badge.

More children cycling, more safely and more often has huge benefits. It will lead to improved health and fitness, reduced congestion and pollution.



What the teachers have said

Mr Mortimore, Teacher,
St Nicholas Catholic Primary
School

"The cycle training provided by Cycle Exeter has enabled pupils to develop road skills and awareness that they have used to enable them to cycle to school. Parents are more confident in allowing their children to use cycling as a method of getting to and from school."

Alison Greenhalgh,
Headteacher, Newfown
Primary School

"The children really enjoyed taking part in Cycle Exeter's cycle training and it has encouraged far more children to cycle to school, which is fantastic."

Miss Bond, Teacher, Redhills
Community Primary School

"We believe cycle training is important in school time as it's such an important life skill. The children have been very keen to take up the Cycle Exeter Bikeability course. It has resulted in more children cycling and people thinking about how they travel to school."

Mr Clark, Teacher,
Alphington Primary School

"The Bikeability course has also played a big part in reassuring parents that cycling can be safe for children. The Cycle Exeter trainers have been brilliant and the children have come away full of enthusiasm and confident cyclists. The most amazing thing is that it is free! Where else can you get professional teaching at this price!"

Mr Watts, ISCA
College of Media Arts

"Cycling at Isca College has increased considerably thanks to the Bikeability cycle training."

What the trainees have said

"Brilliant! I have learnt how to look after my bike and have lots of ideas how to help me cycle better."

"The course was really fun and now all my friends want to do it."

"The instructors were really cheerful, clear and fun!"

"I now want to cycle as much as possible - I wasn't keen before."

"I have learnt loads and it has really increased my confidence."

What the experts have said

Claire Halsey, clinical psychologist and parenting expert, who backed the launch of the Bikeability scheme:
"Aside from providing children with more confidence, Bikeability will help unlock the considerable health and fitness advantages of cycling, as well as providing families with the chance for some much-needed time together."

What the parents have said

"The Bikeability training is so much better than the Cycle Proficiency Test. It is delivered on roads, near the school, that they use every day. Thanks Cycle Exeter."

"My children loved the free cycle training and the Cycle Exeter instructors were brilliant! I was one of the volunteer helpers, it was fun, rewarding and I learnt lots too!"

"He has become more confident, regularly checks his bike and is keen to share his knowledge with the rest of the family. Since receiving the training he spends more time cycling to visit friends, the local shops or to and from school."

"After the Bikeability Level 2 training, I feel so much happier to let my child cycle to school."

Phillip Darnton,
Chairman of Cycling
England:

"We recognise that safety on the roads is every parent's concern but the first step in creating safer cycling must be to ensure every child gets the proper training - that's Bikeability."

What Bikeability national research reveals

83% of training organisers and instructors said they saw an increase in the number of children cycling to school

67% of children said they were cycling more after taking part

All of the teachers and parents surveyed agreed that Bikeability training is necessary for today's children

What we ask of the school

- The opportunity to train the whole of the target group, 10-12 year olds, to Bikeability Level 2 standard. Level 2 training is delivered over approximately 10 hours, either intensively over a week or over a period of weeks.
- To train in curriculum time. We believe cycling safely is an essential life skill and the associated benefits are vital to the children. This also means we can train more children throughout the year.
- On road sessions require one volunteer helper, ideally with a bike, per group of six trainees. The school should recruit a helper from parents or school staff. If there are no helpers for an on-road session the instructors are not obliged to continue.
- Please ensure the courses are filled to capacity, 12 trainees per Level 2 course, and they are positively encouraged to attend each session.



What we ask of the parents

- Each Level 2 (on-road) session requires volunteer helpers so please contact the school if you can assist, ideally with your bike. Without helpers the course may not be able to proceed.
- To discuss the Cycle Exeter Bikeability course with your child. It is important that your child attends every session. If they miss two sessions they will not be able to complete the course.
- Encourage your child to practice what they have learnt each session – maybe by accompanying them on a bike ride and discussing the Highway Code.
- Ensure your child attends every session with their bike clean and in a roadworthy condition, helmet fitting securely (straps often need regular adjustment) and wearing appropriate clothing. Please see bicycle checklist.

To book training contact either:

Your assigned instructor

or **Cycle Exeter**, Devon County Council, Lucombe House, Topsham Road, Exeter EX2 4QW Tel: 0845 155 1004

Email: cycleexeter@devon.gov.uk Website: www.devon.gov.uk/cycleexeter

Bicycle Checklist

The bicycle must be clean, roadworthy and of a suitable size for the rider. If it is not, the trainee may be refused enrolment on the course.

The following checks should be undertaken at home prior to each cycle journey and before each training session.

▲ Fitting

- Check the rider's toes can touch the ground, on both sides, when sitting on the saddle.
- When stood over the crossbar with feet flat on the ground there should be at least 5cms clearance, below the groin.
- Knees should not be able to touch the handlebars.
- Check that the seat and handlebars are not raised above their safe limits (there will be a marking showing on the seat or handlebar post if so).

▲ Wheels & tyres

- Check that the wheels don't wobble from side to side.
- Spin each wheel in turn (it's easier if you turn the bike upside-down) and watch them as they spin to see if they're wonky, or if the tyres bulge out in a certain place.
- Check if the tyres are worn or if there are any cracks in them.
- Make sure the tyres are pumped up hard.

▲ Steering

- Check that the handlebars turn smoothly, without getting stuck.
- Check that the handlebars are in line with the front wheel, and cannot be twisted out of line.

▲ Brakes

- Check that the right-hand brake lever works the front brake. Roll the bike forward while standing beside it, and pull the front brake. The back wheel should lift off the ground.

- Check that the left-hand brake lever works the back brake. Roll the bike backward while standing beside it, and pull the back brake. The front wheel should lift off the ground.
- Check that the brake pads (the rubber blocks that grip the wheel) touch the metal rims of the wheels and not the tyres.
- Check that the rider's fingers can easily cover the brake levers when sat on the bike.
- With the brakes pulled tight, check that two fingers can fit between the levers and the handlebars. If not then the brakes may need tightening.
- Check that the cables are not frayed.

It is a legal requirement to have two working sets of brakes.

▲ Pedals

- Flick the pedals - they should spin freely.
- Hold a crank (the arms which hold the pedals) and check that it doesn't wobble from side to side.

▲ Gears and chain

- Check that all gears change easily. It is dangerous to have a bike that could jump out of gear without warning.
- Make sure the chain is well oiled, and is not so slack that it jumps when pedalled hard.

▲ Helmet

- The helmet must fit securely and snugly. When adjusted correctly there should not be space to put more than two fingers between chin and the strap.

▲ Accessories

- Check that any bags are securely fixed and don't get in the way of wheels, legs, or any lights. The bike must have a rear reflector - it is a legal requirement by night along with a front and rear light.

Only carry out necessary adjustments or repairs if you know what to do. If you are unsure, take the bike to a reputable bike shop for help and advice.

Cycle Training Parent/Carer Consent Form

The Level 1 Bikeability cycle training course is delivered in a traffic-free environment. The Level 2 Bikeability course, is for children of ten years and older and includes on-road tuition. All training will be delivered by Accredited National Standard Cycle Instructors. Whilst close supervision will be exercised at all times there is an element of risk to the trainee. Nevertheless we believe on road training is essential but it is for you to decide whether you should enrol your child for this course.

Whilst every care will be taken to ensure your child's safety, your attention is drawn to the insurance cover provided by Devon County Council which is for **public liability only** and does not provide Personal Accident insurance for anyone undertaking this course, nor does it accept responsibility for the actions or personal behaviour of participants. Devon County Council is not responsible for any injury to persons or loss or damage to property which does not result from the negligence of an instructor. Devon County Council also accepts no responsibility whatsoever for any injury, loss or damage which occurs on the way to and from a lesson.

Each child attending must be able to ride a bicycle (have good control and balance) before enrolling for the course. The roadworthiness of the bicycle is your responsibility and should be checked regularly by yourself and your child – please see the bicycle checklist and keep it for future reference.

Whilst undergoing tuition, a properly fitting cycle safety helmet must be worn. Please ensure your child is wearing appropriate clothing suitable for cycling and the weather conditions. The Instructor will provide high visibility waistcoats which must be worn.

Any participants who persistently misbehave or put others in danger will be asked to leave the sessions and will not be allowed to attend in future.



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Cycle Training Consent Form (PLEASE USE BLOCK CAPITALS)

Child's Name:

Date of birth:

Child's School:

School year:

Parent/carer's Name:

Address:

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Email:

During a training session I may be contacted by telephoning:

Home: Mobile:

Work:

Are there any medical conditions you feel we need to know about?

.....

How will your child get home from the training base? e.g. "cycling home alone"

.....

Please tick box

I have read the information within and I understand the insurance provision

If a Level 2 or 3 (on road) course I agree to my child receiving on-road training and is ten years or older

I will ensure my child's bicycle is in a roadworthy condition prior to each training session

My child lives or studies in Exeter

All Level 2 or 3 courses require volunteer helpers. I can/cannot help - *please delete*

Parent/Carer Signature:

Date:

