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Parent's Guide

Cycling Scotland

www.bikeability.scot

Dear Parent/Guardian,

Your child will soon get the opportunity to take part in **Bikeability Scotland** training at their school.

Bikeability Scotland, the modern day form of cycling proficiency, is a national scheme designed for delivery within the school setting. It comprises of 3 main levels, aimed at giving children the skills and confidence they need, both to cycle safely on the roads, and to encourage them to carry on cycling into adulthood.

Bikeability Scotland is managed by Cycling Scotland, the nation's cycling organisation, on behalf of the Bikeability Scotland Delivery Group.

The scheme is also supported by a network of volunteer instructors, often parents and members of the local community. You can contact your child's school if you'd like more information, or go to the Bikeability Scotland website at **www.bikeability.scot**.

Happy cycling!

The Bikeability Scotland Team

The Bikeability Scotland Pathway

There are 3 key levels to the scheme, providing a pathway for young people to develop the skills and confidence to cycle a bike safely and go on to make independent journeys by bike.

Level 1

Level 1 is designed for primary 5 children, but can be taught earlier. The focus is on fun and each of the sessions are delivered in an off road, traffic free setting – typically a playground.

Sessions include;

- Carrying out a simple bike safety check
- Adjusting a bicycle and fitting a helmet
- Getting started – basic bike control skills
- Use of brakes and gears

Level 2

Level 2 is designed for primary 6/7 children and is the core level of the programme. The focus is on making short journeys on quieter roads, with an emphasis on signaling and observation.

The main objective of Level 2 is to allow trainees to develop the skills which will allow them to cycle safely on our roads, including;

- Starting and finishing an on road journey
- Understanding how and when to signal their intentions to other road users
- Understanding where to ride on the roads they are using
- Demonstrating good observation at all times

This training is intended for delivery on a quiet on road venue – usually a risk assessed T-junction.

Research shows that on-road training offers a more realistic, enjoyable and effective learning experience for all pupils.

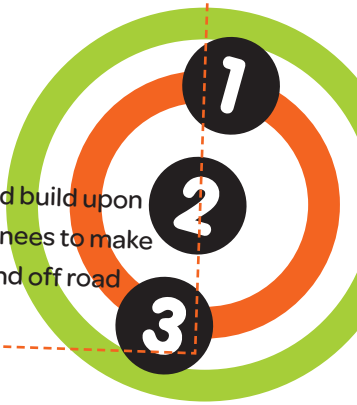
Level 3

Level 3 is aimed at primary 7 pupils, but is sometimes delivered in early secondary school years.

Planning a journey and the use of more challenging routes are the main focus of sessions, which include;

- Effective use of on and off road routes
- How to use controlled junctions
- How to use multi-lane roads
- Hazard perception

These sessions provide an opportunity to consolidate and build upon what was covered in earlier learning, empowering the trainees to make independent journeys by bicycle using a variation of on and off road facilities.



Get Involved!

As a parent, the best thing you can do to support your child's training is to show an interest and give encouragement.

You can also help your child to develop and improve their cycling skills in a number of ways, such as

- **Helping and encouraging them to practise their skills between coached sessions**

Your child will be issued a Cyclist's Guide which covers the key learning outcomes. Their instructor may also provide notes on which skills to practise.

- **Assisting your child in carrying out a safety check on their bike**

The Cyclist's Guide provides instruction on how to carry out a simple check. If there are safety issues that require attention, a bike shop should be able to offer helpful advice. The Handy Tips section within the Cyclist's Guide will also tell you what to look out for.

- **Becoming a Bikeability Scotland Trainer.**

Most schools welcome the support and involvement of volunteers to deliver Bikeability Scotland. Thousands of parents across Scotland volunteer their skills and time to ensure their child has the chance to complete cycle training.

You don't need to be an expert cyclist to become an instructor, but a good level of personal riding skills would be an advantage. Above all, a positive attitude, enthusiasm, good communication skills and a willingness to encourage pupils throughout their training is what's needed.

In return we can offer free access to accredited instructor training and the ongoing support of the Bikeability Scotland community.

Why Not Try Cycling Too?

You might choose to support your child to improve their cycling abilities by joining them for a bike ride. You may already enjoy cycling, or perhaps would like to get back on your bike. There's no time like the present! As well as setting a great example for your child, you could realise some of the other great benefits cycling has to offer;

- Cycling is an enjoyable and easy way to achieve the recommended physical activity rate for adults, and can be built around your daily life.
- With the many recreational cycle routes across Scotland and a wider network of clubs, cycling is a great way to spend time with your family and meet new friends.
- The majority of car trips made every day are less than five miles, an easy distance by bike. Bikes do not require Vehicle Excise Duty, MOT, insurance, breakdown recovery services, fuel or parking charges.
- By switching from a car to a bicycle, you could burn up to 300 calories in even a short 15min journey, whilst also reducing carbon emissions by 1kg.

For more information, log on to **www.cycling.scot**

Preparing for Bikeability Scotland training

Before training begins, it is important that your child has use of a road worthy bicycle. You will find a helpful guide on what to look out for in the 'Cyclist's Guide' that your child brings home. Listed below are some of the essentials:

Brakes: both brakes should be able to stop the bike when you walk it forward. Brake pads should not rub on the wheels when free.

Wheels: both wheels should spin freely and tyres should be well inflated with no cracks or bulges.

Chain: the chain should be well lubricated and move freely.

Saddle height: Having the saddle at the right height is important for comfort, and for control of the bike. Your child should be able to touch the ground on tip toes when sitting on the saddle. If they can put their feet flat on the ground it's too low, if they can't reach the ground it's probably too high.

Lights: When cycling after dark, it is a legal requirement to have a white light at the front and a red light and red reflector at the rear. Pedal reflectors must also be fitted.

Helmet: A correctly fitted helmet may help avoid or reduce injury if you have an accident.

Check that the helmet has the quality CE mark and follow the correct fitting instructions.

You can find more advice about this in the Cyclist's Guide.

Clothes: Your child should wear clothing appropriate for the weather conditions. They should avoid wearing clothes with loose straps or baggy trousers that could get caught in the bike. Shoes should also have a good, flat sole to grip the pedals. When cycling, look to wear bright or reflective clothing to improve visibility.

What's next?

Cycling Scotland

Cycling Scotland: For more information about Bikeability Scotland or training for cycle instructors visit
www.bikeability.scot
www.cycling.scot

Cycling UK: For information on promotion, clubs and insurance
www.cyclinguk.org

Scottish Cycling: For information about cycling clubs, cycle sport activities including Go-Ride, and coaching courses visit
www.scottishcycling.org.uk

Road Safety Scotland: For information and guidance on promoting road safety to young people visit
www.roadsafetyscotland.org.uk

Sustrans Scotland: For information about school travel plan activity and the National Cycling Network visit
www.sustrans.org

Transport Scotland: For information on promoting more sustainable travel choices visit
www.chooseanotherway.com

Cycling Scotland is a recognised Scottish Charity SC029760.
PPDAS262488 (05/17)