

Date: Summer Term 2024
Your Ref: Cycle Training
Telephone: 01437 775144
Email: road.safety@pembrokeshire.gov.uk



Dear Parent/Guardian

The National Standards Level 1 and 2 syllabus cycle training scheme has been designed to develop road sense and awareness of traffic dangers; your child is invited to take part.

Bike Check Date: **Friday 16th May**

Training Dates: **Monday 2nd – Tuesday 17th June**

Training should enable your child to improve their ability to ride safely, to become a competent and responsible young cyclist.

Training and your Child's Skill Level

Level 1 is an assessment of your child's basic cycling skills and is delivered on the playground (trainees will not be taught how to ride). Trainees will only graduate on to Level 2 if they are able to:

1. Ride without help for one minute in a straight line;
2. Ride and look behind without wobbling;
3. Control the bike with one hand;
4. Control the bike whilst turning and manoeuvring
5. Stop quickly, keeping control of the bike.

A child who does not have these skills will not be safe enough to go on the road so will not be able to continue with the training. You might like to practise with your child before the course. Trainees will be continually assessed and will only graduate from the course if they reach the required standard.

Bike

It is your responsibility to ensure that your Child's bike is safe and roadworthy as most of the training will be road based. If your child's bike is not roadworthy, or is too big or small meaning your child cannot be stable on it, our Instructors will not be allowed to take your child on the road. Our Instructors are authorised to make minor adjustments, with your child's consent, such as adjusting saddle height, brake levers and pumping tyres, but they are not cycle mechanics.

Please make the following checks

1. **Is it the correct size?** When your child is sitting in the saddle, they should be able to touch the ground with the toes of both their feet at the same time. The ball of their foot should reach the ground easily enough so they can remain in that position without wobbling.
2. **Do the brakes work?** Not so loose that the bike hardly slows when your child pulls the brake not so tight that the wheel has trouble turning.
3. **Is anything coming loose?** Check everything is tightened up, including the nuts or levers that hold on the wheels and handlebars.
4. **Are the tyres OK?** Check for bald patches, also that the tyres are not too soft as that can cause loss of control when turning.

It will be checked at the beginning of the course and any defects that are found should be rectified by the following session or your child will not be allowed to continue.

Helmet

All children taking part in the training must wear a cycle helmet (No Full Face Helmets). Please note you need to ensure your child's helmet is correctly fitted before the course. Our Instructors can give advice about helmets but time is limited and do not normally make adjustments.

1. **Is it the correct size?** A snug fit, touching the head all the way round, has better protection.
2. **Is it level?** The forehead should be protected without obscuring vision.
3. **Are the retention straps adjusted?** The Y of the side straps should meet just below the ear. The chinstrap should be snug so that when your child opens their mouth wide they feel the helmet pull down. Please see figure 1.



Figure 1

Additional Information

1. We aim to continue training in most weathers where safe to do so. Please could you ensure that your child is suitably dressed for cycling (enclosed shoes, no skirts) and the weather (cold/wet weather -**warm clothing, gloves coats/wet weather gear** and **spare clothing**, in warmer weather -**sun block and water bottle**) .
2. If a trainee's behaviour endangers anyone's safety, they will not be able to continue on the course.
3. At the end of the course, your child will receive a detailed assessment certificate. This will show you what your child has achieved. We hope this will help you with the further development of your child's cycling skills.
4. Our Instructors have achieved accreditation to the National Standard, are DBS-checked and trained in basic First Aid.
5. We risk assess the roads around each school and select the ones that are suitable for training – our Instructors and the school office will have a map of the area we'll be using if you'd like to see it.

If you have any questions, we will be happy to answer them. Please call Road Safety on 01437 775144

Yours faithfully

Sally Jones
Road Safety Education Officer