

## Bikeability Outcomes

### Level 1

Level 1 is designed for years 3, 4, 5 and 6. The focus is on fun and sessions are delivered in an off-road traffic free setting – typically a playground. Outcome based.

Sessions include:

- Carry 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 years 5, 6 and above and is outcome based.

The main objective is to allow trainees to develop the skills which allow them to cycle on quiet roads including;

- Starting and finishing an on-road journey
- Understanding how and when to signal their intentions to other road users
- Understand the correct road positioning
- Demonstrate good observations at all times

### Level 3

Level 3 is aimed at age 11 and above and equips trainees with skills for more challenging roads including:

- Journey Planning
- Complex multi lanes
- Traffic lights
- Roundabouts and junctions



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D&P/06.18/M/8122

in partnership with



**Nottinghamshire  
County Council**

**Bikeability Core**

Level 1

Level 2

Level 3

**Bikeability Plus Modules**

## Cycle Training Courses

VIA East Midlands Ltd working in partnership with Nottinghamshire County Council is pleased to offer Bikeability cycle training.

The training courses aim to:-

- Help improve ability and confidence to participant
- Help participant to check their cycle is safe to ride
- An introduction to the Highway Code

Bikeability Core Levels – aims and outcomes: please refer to [www.Bikeability.org.uk](http://www.Bikeability.org.uk)

**For further information please see Guidance Notes for Parents, copy held in schools.**

## Cycles

Cycles must be the right size for the participant to use. All participants must have a bicycle in working order (two working brakes). Parents/carers must ensure that the cycle is roadworthy and that any faults are repaired before Commencement of the training. Due to time constraints, only minor adjustments can be rectified during lessons.

## Cycle Helmets

It is our policy that cycle helmets are worn by all taking part in any cycling activity. Please ensure helmets are adjusted to ensure they are fitted correctly and ready to wear before the start of training. Written permission is required from parents/carers to opt out and the responsibility for any potential head injury is therefore the responsibility of parents/carers.



## Cycling Ability

Participants must have completed the level 1 course prior to the start of the level 2 course.

Participants must have the ability to control the cycle and maintain balance for 10 metres, unaided and without stabilizers.

If instructors find during the initial lessons that any participant does not demonstrate basic skills in these areas, they may not be allowed to continue the course.

## Attendance

Participants must attend all sessions.

## Assessment

Participants will be assessed throughout the training. All participants will receive a certificate and an assessment report showing their progress. To receive a badge, participants must demonstrate decision making and understanding of safe riding.

The course covers the basics of safer cycling. It does not guarantee participants are safe to cycle in traffic. Before participants cycle on the road you must be satisfied they are satisfied to do so.

## Accessibility

It must be drawn to the attention of the Road Safety Office if there are any special needs or requirements, this will enable reasonable adjustments to be made where appropriate. Further support may be required from the school to facilitate this.

See **Guidance Notes for Parents Handbook**

## Further Information

Further information about safer cycle riding can be obtained from the Via EMidlands website; [www.viaem.co.uk](http://www.viaem.co.uk), or Bikeability website [www.bikeability.org.uk](http://www.bikeability.org.uk), or the Guidance for Parents Handbook which can be found at the school

## Feedback/Evaluation

We aim to provide the best possible training and we constantly review the road safety training we offer. Our aim is to make sure that the cycle training offered is as effective as possible in preparing participants to cycle with more confidence. To help us do this we welcome any comments you may have on the training we deliver.

Any feedback can be sent to the address below.

## Are you interested in becoming a Cycling Instructor?

If you are interested in becoming a Cycle Instructor, please phone 0115 977 4373. Full training and support is given to all our instructors.

## First Aid

Whilst safety is at the heart of our training, Instructors are unable to administer first Aid. If training is provided through a school, the school will be responsible for first aid.

Via is committed to protecting the privacy and security of personal information and will use the data only where permitted by law to do so.



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If you wish your child to take part in the cycle training course please complete this section and return it to the school/venue.

**Trainee's first name** \_\_\_\_\_

**Surname** \_\_\_\_\_

**Age** \_\_\_\_\_

**Emergency contact phone no** \_\_\_\_\_

**School** \_\_\_\_\_

Neither Via East Midlands Ltd or the venue/school can accept responsibility for the safety of the participant riding their bikes to the venue of the cycle training. Best advice is that they are accompanied by an adult and/or push their bikes to and from the training venue/school.

I give authority for the above named to take part in the cycling course. I have read and understand the conditions and guidelines given. I will ensure that the cycle used is suitable and in a road worthy condition.

Signed

Parent/Guardian  
Or Over 18 Years Old

Date

Whilst VIA has Public Liability insurance this coverage is only for accidental injury/loss where negligence on the part of Via East Midlands Ltd can be proven.

Where a school is organising the course, there may be a personal Accident insurance in force as well and you may wish to check this with the school.

You may therefore wish to take out your own insurance as you feel necessary.

