

BIKEABILITY TRAINING TERM 1 2021-22

Dear Parent / Carer

A practical cycle training course is being delivered to pupils in P6/7 by bikeability trained school staff. The training will initially take place in the school playground but will also be on-road. The following dates have been planned but may be changed if the weather is bad.

Friday 27.08.21

Bike Check – please could you arrange to bring your child’s bike and helmet to school on the morning of Friday 27th August for this to be completed.

Thursday 02.09.21

Thursday 09.09.21

Thursday 16.09.21

Thursday 23.09.21

Thursday 30.09.21

Thursday 07.10.21

Thursday 14.10.21

The training is based on Cycling Scotland’s Bikeability programme and is designed to develop road sense, an awareness of danger and to improve your child’s ability to ride safely in traffic. It is not designed to teach a non-cyclist how to cycle and if you wish your child to take part, you must ensure that he/she has good balance and control before they start the course.

All pupils taking part must wear a cycle helmet which is the correct size and which has been correctly fitted. Bicycles must be in a good roadworthy condition, of a suitable frame size and with the seat adjusted to the appropriate height. When your child is sitting on the saddle, the balls of his/her feet should touch the ground on both sides. All bicycles **must** have a rear red reflector fitted. It is parents’ responsibility to check that helmets and bicycles are fit for purpose and pupils will not be able to take part if they are not. Please check your child’s schoolbag for a Cycling Scotland Parents’ Guide for further information.

For safety reasons, please ensure that your child wears appropriate clothing on training days i.e. no baggy trousers, appropriate footwear such as trainers. Long hair must be tied back. **Weather appropriate clothing, such as waterproof jackets, warm clothes and gloves, is essential.**

To support the training, your child will be given a copy of Cycling Scotland ‘Bikeability Level 2 Cyclist Guide’ which he/she is encouraged to discuss with you at home.

Cycle training is a school activity and normal insurance cover will apply for the duration of the course. Aberdeenshire Council provides third party public liability insurance. Parents who require personal injury or accident cover for their child/children should organise this privately.