

## Further Information for Parents

All training locations are pre risk assessed prior to any training taking place. In addition an ongoing 'dynamic' risk assessment is applied to all training and locations during the sessions to compensate for any changes in traffic conditions, weather etc.

All children who partake must complete the full course to be able to achieve a pass. If a child misses a session for whatever reason we may be unable to take them on the remainder of the course. Their subsequent participation will be at the discretion of their instructor.

### Weather conditions

Courses may take place during spells of cold weather or rain. If the conditions are too severe or hazardous then training will be suspended and rearranged. **Children should bring a waterproof jacket and wear warm clothing and gloves in the event of cold weather.** The instructors will make the decision 'at the time' on whether a course takes place or not due to weather conditions making cycle training too hazardous. It may be useful for the children to have a small rucksack to carry clothing/waterproofs etc, but this must be suitable for cycling with.

### Requirements

All students will need to be in possession of a suitably sized, roadworthy bike and cycle helmet. Cycle helmets must be worn throughout the sessions. During level 1, children carry out a basic cycle check with their instructor. During this check the instructor ensures their cycles have no obvious defects making them un-roadworthy. Should there be any defects on their bike that cannot be put right during the cycle check, then a report form will be issued in order for their parents to rectify the fault. The instructor can be a little more 'forgiving' of any defects for the off road session (Level 1) but cycles must be fully roadworthy prior to road work (Level 2).

Suffolk County Council provides high visibility waistcoats for all students which will be worn during the training.

### Safety and behaviour

As we are responsible for the safe running of the course, we accordingly reserve the right to stop a session if, in our view, the behaviour of the children on the course, or any other factor, presents an unacceptable risk to themselves and/or others.

### Achievement Awards

Students will be awarded a Bikeability Certificate and badge for the uppermost Level achieved.

## **Bike Check Notes for Parents**

Parents should check their child's cycle before the start of the course. If, in the opinion of the instructor, the cycle is not roadworthy, pupils will not be allowed on the course. Faults are often easily put right but occasionally a new part is required. We would therefore like to draw your attention to the following:

### **FITTING**

Check that the cycle fits the child, i.e. that the balls of both feet are on the ground whilst sitting on the saddle with legs straight. See also that the handlebars are at a comfortable height. Adjust both these at intervals as the child grows.

### **MECHANICAL CONDITION**

A mechanically sound cycle is a safe cycle. Make sure that all parts are in good repair and no parts are too loose.

### **TYRES**

As on cars, worn tyres can cause crashes. Tyres must have a reasonable amount of tread and there should be no bald patches. The side walls should have no splits or bulges. Tyres must be inflated to the correct pressure.

### **BRAKES**

Brake blocks and cables should be in good condition and brake levers adjusted so that they can be operated with the minimum amount of pull. If the levers touch the handlebars in the 'on' position, the cables are too slack. Levers should be so placed that the child's fingers curve easily around them whilst the palm of the hand is on the grips. There is a variety of levers available, be sure that the ones fitted are suitable for your child.

### **BEING SEEN**

It is important that both the cycle and the rider can be seen by other road users. Cycles must always have at least a red rear reflector and if your child intends to ride in the dark or in poor weather conditions, then they must also have lights. The use of high visibility fluorescent and reflective garments is strongly recommended. During the on road course pupils will be provided with a fluorescent safety tabard.

### **BEING SAFE**

Please ensure your child brings a helmet to wear on the course. It should conform to BS EN 1078:1997 or equivalent. We also suggest that a bell or alternative warning device is fitted. The correct position is on the left of the handlebar within easy reach of the grip.