



Bikeability Training

Dear Parent/Carers,

Great news! We will be coming to your school to do Bikeability training with your children in year 5.

Our training will take place at/around school from 5th May – 8th May 2026.

The Bikeability Level 2 course is progressive, it aims to improve rider's skills and confidence for cycling on quieter roads and simple junctions without too much traffic. It prepares riders for cycling on busier roads and more complicated junctions.

As part of the course, we cover Bikeability Level 1 fundamentals which ensures your child is safe to ride on the roads. All the riders will have to show the instructors they can do everything at the Bikeability Level 1 before they can go on the roads.

Each child will require a roadworthy bike, a helmet, suitable clothing for spending up to 90 minutes riding a bike outside (e.g. A shower-proof coat if it is going to rain, gloves if cold) and secure flat shoes/trainers, water, other personal requirement e.g. Medication needs, sun cream, inhaler.

[How to check a cycle](#)

[How to fasten a helmet correctly](#)

Roadworthy condition means both brakes are fully working, tyres pumped up, gears (if present) operate as designed, chain properly lubricated.

The cost of the course is £10 per child.

If you would like your child to take part, please complete the booking form using the link or QR Code below before Friday 13th March. **Please be aware that places are limited and will be allocated on a first come first served basis.**

URL: <https://consent.bikeability.org.uk/event-tell-shift>



Kind regards
BeSpoke CI

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