Dear

**Bikeability Scotland Training**

Bikeability (practical cycle training) is about to be carried out at your school. The training teaches children to cycle safely on the roads, learning how to deal with traffic and other hazards. Level 1 is playground based and level 2 takes your child on road, both under the instruction of a qualified Bikeability Scotland Instructor.

Your child will need a well-fitting bike and helmet to participate in the sessions, they should be able to ride the bike which requires to be in a roadworthy condition. A ‘hands-off’ bike check will be carried out before each session with the pupils; if a bike is deemed unroadworthy the pupil will not be able to take part in the session and advice may be given on what actions should be taken to repair the bike. Due to Covid-19 restrictions, bikes and helmets will not be shared with other pupils. While it is not a legal requirement to wear a cycle helmet, we strongly advise that one is always worn when cycling and one **MUST** be worn during all Highland Council Bikeability sessions. Please ensure your child is dressed appropriately for the weather as sessions will go ahead if it is cold or raining.

A full bike check session has been organized for **[INSERT DATE]**, please ensure your child’s bike is taken to school on this day.

During the course, your child will receive a ‘Riders Guide’ and will be encouraged to practice what they have learnt at home. Your support with this will help your child develop road safety skills, knowledge and attitudes more effectively.

If you wish your child to participate, please sign and return the slip.

Yours sincerely,

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**BIKEABILITY TRAINING**

* I **agree/do** not agree to my child taking part in Bikeability training. They do/do nothave their own bike which is in a roadworthy condition and it will be taken to the school on the appropriate days.
* My child may need additional support to take part. **Yes / No** (BSI may be in touch to discuss)
* I confirm my child will be supported in homework tasks that are set.

Signed: Child's Name: