Coppice Primary School
Head of School: Mr M Fernandez
Executive Headteacher: Mrs C Pike
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17th September 2026

Dear Parents and Carers,

We have been given the excellent opportunity to provide free Bikeability Training at Level 1 and 2 to our children in years 5 and 6. The date for this will be Monday 5th October- Friday 9th October 2026. This safe, structured and standardised programme is designed to make your child a more competent cyclist and prepare them for eventually cycling on road.

In order to secure your child's place on this course, please make sure you read the information below and sign the consent form. Please see above which Bikeability level your child is offered. Training will be carried out by Cycle Confident, the borough's cycle training provider, and will be delivered by 2 fully accredited National Standards cycling instructors with enhanced DBS checks.

The following information is provided by Cycle Confident and aims to answer any questions you may have.

Bikeability is the nationally recognised cycle training programme.

It's about acquiring the practical skills to cycle safely and with confidence on today's roads.

For children to participate in school Bikeability training, they must have basic riding skills (without stabilisers). Free individual training may also be available in your area and is a great way to get your child riding prior to the course commencing, so they can then participate. Check the Cycle Confident website at www.cycleconfident.com for details.

There are three Bikeability levels. (See above which level(s) your child's course is.)
Level 1 is designed to give your child control over his / her bike and takes place in groups in a space away from traffic such as a playground or closed car park.
Level 2 will ensure your child is prepared for short journeys such as cycling to school. Training takes place in small groups on quiet, local streets, giving trainees a real cycling experience.

Training is delivered in groups of up to 6 so can be tailored to a trainee's individual needs. Route planning is also covered, making this ideal for getting advice on and then practicing a school or work commute.

What does my child need to take part in Bikeability?
Your child will need a bike which is in a roadworthy condition, the right size for them, have pumped up tyres and two working brakes. Instructors will show children how to check their bikes at the start of the first session and will ensure that your child's bike is safe for training purposes. BMX bikes are permitted in most circumstances so long as the bike has working brakes, and has not been adapted to the extent that it is no longer suitable for use on the road. The instructors will have the final say on whether your child's bike is safe for them to complete the training on but allowances will be made wherever possible.



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What if my child does not have a bike?
Cycle Confident may be able to arrange for your child to borrow a bike for the training. Please check this with your school.

Can my child share their bike with a child who does not have one?
There is a provision on the consent form which you can tick if you are happy for another child to borrow your child's bike when his or her group is not in training.

What should my child wear to take part in Bikeability?
In most cases, your child may wear their normal school clothes, suitable for the season and weather. Excessively loose clothes may be hazardous and should be avoided. In colder months, warm layers and gloves are recommended. High visibility tabards will be provided by Cycle Confident.

Does my child need a cycle helmet?
Please see the consent form for more information on whether the borough stipulates that helmets are required for training. This is usually left up to parental discretion so if you do require your child to wear a helmet, please be sure to provide one or check with your school if they are available to borrow.

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My child has completed Level 2. What next?
Bikeability is the gateway to all kinds of fun experiences by bike – the training is just the start! If your child is interested in cycling and wants to do more, they might want to join a local cycling club for BMXing, mountain biking or racing. Ask your child's Bikeability instructor for advice on which groups are good for junior members and beginners.
A great way to practise the Bikeability training your child has received is to try cycling as a family (family training sessions are also available through Cycle Confident), or let them cycle independently to school or the local shops.

Yours sincerely,

Ms Newport (PE Leader)

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How to check your bike

To see if there are any problems with your bike check the following items. Using this M Check will ensure that you do not miss any items.

Start at the front, Point A and work your way to B, C, and D to E at the back of the bike.



Front wheel: Check to see if:

- Quick-release or wheel-nuts loose.
- Hub bearings loose or binding.
- Spokes loose, broken or missing

Front Tyre: Check to see if

- Under-inflated /punctured
- Worn or cracked

Front brake: check to see if

- Front wheel locks when the brake lever is pulled
- Brake pads rubbing tyre or wheel rim
- Brake pads missing

Headset and handlebars: check to see if

- The forks are damaged
- Headset loose
- Handlebars are not clamped tightly

How to check your bike
Frame: check to see if:
Frame not bent or damaged