



Dear Parent/Carer

Bikeability Training

Bikeability is today's cycle training programme, run by Norfolk Road Safety Partnership. It is about gaining practical skills and understanding how to cycle on today's roads. Bikeability gives everyone the skills and confidence for all kinds of cycling.

Whilst most of our students will have been offered this course during their last year of primary school, we are aware that due to COVID not all students have had this offer and so we are delighted that we have secured the opportunity for students to take part in the level 2 course in the Autumn term.

The Bikeability Level 2 course aims to develop riders' skills and confidence for cycling on single-lane roads and simple junctions with mostly moderate motor traffic flows (where riders encounter vehicles with progressively greater frequency in each module), and prepares riders for cycling on more complex, often busier or faster roads and junctions.

By the end of the course all students will be able to:

- Cycle safely and responsibly
- Identify and respond to hazards
- Start and stop on-road journeys
- Maintain suitable riding positions
- Share the road with others and communicate with other road users
- Comply with signals, signs and road markings
- Manage risk when cycling
- Negotiate junctions (pass side roads, turn at T junctions, and crossroads and roundabouts if present).

To take part in the course students will need:

- A roadworthy bike – Students will need to use their own, roadworthy bike, which they can use in School during the programme (parents/carers may need to support with transportation of it, we would also suggest the use of a bike lock to allow for safe storage in our bike shed)
- A Helmet – Students must use a helmet and it must comply with the BS EN 1078:1997 safety standard and be in good condition.

To register your interest for your child to attend this course.

Please fill in the following form – [Register of Interest Bikeability Level 2 course St Clement's High School](#)

Yours Sincerely,

Mr H Collinge
Assistant Achievement Lead – KS3