



Parents' guide

Bikeability Scotland



**Cycling
Scotland**

bikeability.scot

November 2020

Dear parent/carer

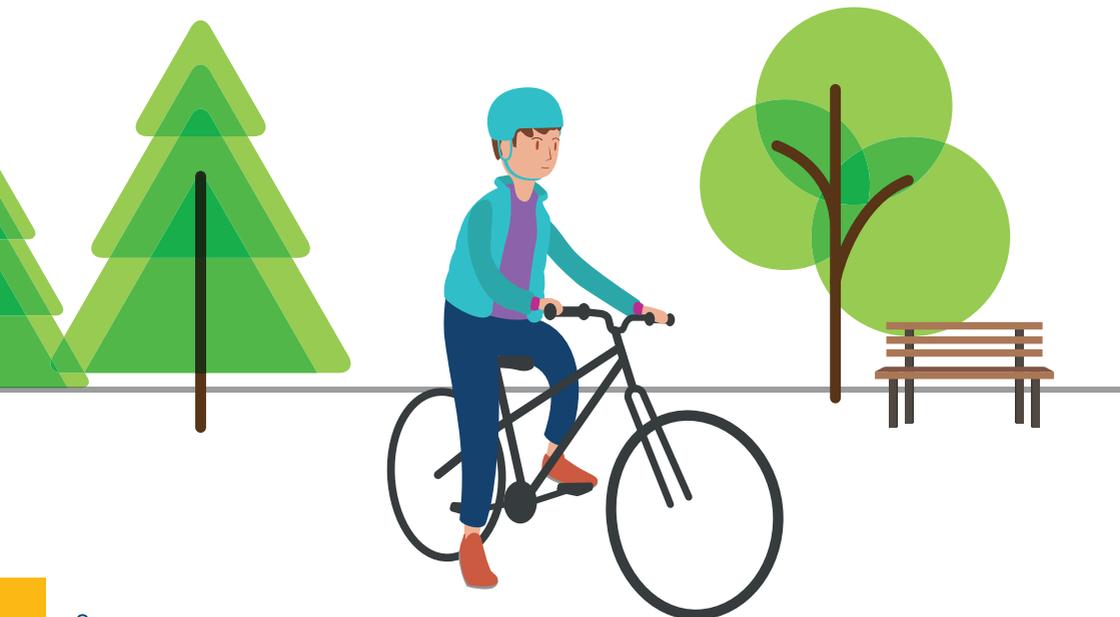
Your child will soon get the opportunity to take part in Bikeability Scotland training at their school. This guide will help you to understand what your child will be doing and prepare them for Bikeability Scotland training.

What is Bikeability Scotland?

Bikeability Scotland is the national cycle training programme for school children. It gives children the skills and confidence they need to cycle on the road and encourage them to carry on cycling into adulthood.

Children must already be able to ride a bike in order for them to take part. If they can't, let the school know. You can also view videos at playonpedals.scot and provide support for your child to learn to ride.

It is designed for delivery within the school setting and has three levels, aimed at supporting the next generation of confident and responsible road users.



Level 1

Riders learn how to prepare for a journey, check their bike and equipment are safe, and develop control skills, good observations and decision making. They also learn the importance of sharing space responsibly with other people. Training is completed in a traffic free setting.



Level 2

Takes place on single lane roads with simple junctions and moderate traffic, after a rider has successfully demonstrated level 1 skills. Riders learn to make good and frequent observations, communicate their intentions clearly to other road users, decide on and use the most suitable riding position, understand priorities on a road and make decisions about when people wait and when people go.



Level 3

Develops skills and confidence for cycling on complex, busy or fast roads and junctions sometimes with heavy traffic. It takes place after a rider has successfully demonstrated all the level 2 outcomes.

The programme is supported by a network of qualified volunteer instructors, who are often teachers, parents and members of the local community. Bikeability Scotland is managed by Cycling Scotland, on behalf of the Bikeability Scotland Delivery Group. You can contact your school if you would like more information, or go to the Bikeability Scotland website at: bikeability.scot

Preparing for Bikeability Scotland training

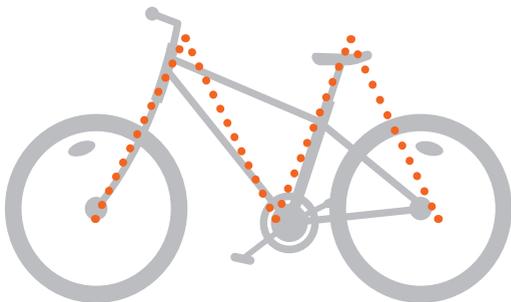
As a parent, the best thing you can do to support your child's training is to show an interest and give encouragement.

Is my child ready to start Bikeability Scotland training?

- **Can your child ride a bike?** If they have not learnt to ride yet, help and encourage them to practise their skills prior to training starting. Let their teacher know as they may be able to provide some additional support prior to training taking place.
- **What clothing is suitable for training?** Make sure your child is wearing clothing that won't get caught in the moving parts of the bike and that their shoelaces are tied. What to wear is very weather dependent in Scotland.

Check the weather forecast and plan ahead.

- **Is your child taking any medication?** If the instructors need to know, inform the school about what it is and what your child is taking it for.
- **Is your child's bike suitable for training?** Ensure the bike is a comfortable fit for your child and is safe to cycle. **Check the following:**
 1. Your child should be able to touch the ground with their toes when seated.
 2. The bike must have two brakes and both must stop the bike when you push it forwards and backwards.
 3. The tyres are pumped up and free of rips and bulges.
 4. The chain moves smoothly and has been lubricated.
 5. The saddle & handlebars are at the appropriate height and are tight.
 6. The bar ends are plugged.
 7. If you are unsure, you can take it to a local bike shop to be checked.



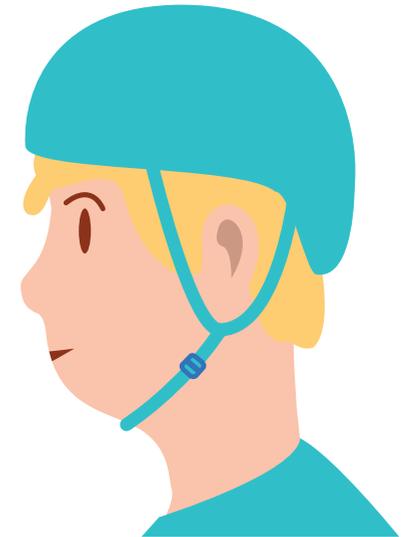
The M check

- Start with the front wheel.
- Move up to the handlebars.
- Move down to the pedals and chainset.
- Move up to the saddle and seatpost.
- Move down to the rear wheel.

Important - ensure there is air in the tyres, brakes are working and the chain is oiled.

- **What if my child doesn't have a bike?** Some schools and local authorities may have bikes you can borrow. Ask your school what support is available.
- **Does my child need to wear a helmet?** Nobody is required by law to wear a helmet in the UK while riding a bike. However, you should check with the school what their policy is for wearing a helmet during training. If a helmet is required, check that it meets an approved standard, is not damaged and fits properly. If you are unsure, you can ask the school or your local bike shop.

- Adjust the helmet cradle to fit head circumference.
- Ensure helmet sits "two finger widths" above eyes.
- Adjust straps so they form a triangle around the ears.
- Adjust chin strap so it fits securely and comfortably.



- **Does your child have additional support needs?** If so, please contact the school prior to training starting to discuss any requirements.
- **If your child is using shared paths to get to school for their first Bikeability Scotland lesson,** remind them to give space to people walking, slow down and let them know they are coming.
- **If you have any further questions, speak to your child's school before Bikeability Scotland training starts.** Additional FAQs can be found at: cycling.scot/bikeability-scotland/faqs

Will my child get a certificate?

Every child taking part in Bikeability Scotland training will receive a certificate and badge.

Attendance and personal development are recognised, however, the certificate is not a licence to ride on the road. We recommend you look at your child's riding ability and make a decision about where you are happy for them to ride.



How can I help?

Most schools welcome the support and involvement of volunteers to help deliver Bikeability Scotland training.

You need to be able to ride a bike, possess good communication skills and be available to support sessions during the school day.

Training is free. Ask your school or find out more at:
bikeability.scot



Why cycling?

Cycling is a fun and practical way to keep active.

As a form of transport, it is good for the environment and for many of us, our first sense of independence. As a leisure activity, it's a chance to spend time with family and meet new friends.

Bikeability Scotland cycle training can contribute to your child's:

- Emotional, social and physical wellbeing
- Hazard perception and awareness
- Education and attainment
- Confidence

Further information

If you want to understand more about what your child has learned, information can be found at bikeability.scot



National Standard for Cycle Training

Bikeability Scotland training is aligned to the National Standard for Cycle Training and sets out the skills and understanding needed to cycle safely and responsibly.

Search for National Standard for Cycle Training at gov.uk

What's next?

Learning to cycle opens up a huge range of opportunities. Whether you chose to cycle as transport, for adventure, for leisure or as a sport there is lots of support available.



Cycling Scotland manages the Bikeability Scotland and GoMountain Bike training programmes and the Cycling Friendly Schools Award. Find out more at cycling.scot



Sustrans manage the National Cycling Network and support schools through the Ibike programme, travel planning activity and cycle parking grants. Find out more at sustrans.org/scotland



Cycling UK supports community cycling projects across Scotland, including local 'Bothies'. Find out more at cyclinguk.org



Road Safety Scotland promote safety for all road users. Find out more at: roadsafetyscotland.org.uk



Scottish Cycling is the national sports governing body and support a network of cycling clubs across Scotland. Learn more at scottishcycling.org.uk



Transport Scotland develops policy and funds a wide range of programmes to encourage walking and cycling. Learn more at transport.gov.scot

Cycling Scotland



Cycling Scotland is a Scottish Charity, SC029760, regulated by the Scottish Charity Regulator (OSCR)

