



Riddings Junior School

Church Street, Riddings, Alferton, Derbyshire DE55 4BW
Telephone: 01773 528492

email: info@riddings-jun.derbyshire.sch.uk
website: www.riddingsjuniorschool.org.uk
twitter: @RiddingsJnr

Friday, 27 February 2026

Dear Parents / Carers

Year 5 Bikeability

All Year 5 children undertake a training course designed to further equip them with the necessary skills and awareness to ride a bike safely on the roads – this is part of every child's curriculum entitlement. The first part of the training will see the children undertake Level 1 training on the school grounds where they will be able to demonstrate that they are a competent bike rider and understand the issues facing cyclists when they ride on the road. Once they have passed this the children will then be able to practise these skills and apply them on fully supervised rides in Riddings Park with some use of the local roads.

All children from both classes will undertake the Level 1 training and assessment on Friday 20th March.

Following this assessment, the children will then be split into 3 groups to carry out their Level 2 course on either **Monday 23rd, Tuesday 24th or Wednesday 25th March** in which the children will undertake a full day's training on Riddings Park and local roads returning to school for lunch. Your child's teacher will let them know which group they are in following the Level 1 training.

If possible, your child should bring a roadworthy bike to school on both days, and due to the structure of the course, they **must** also wear a cycle helmet. If your child does not own a roadworthy bike please speak to school.

Undertaking this type of course will reinforce with your child the absolutely vital skills necessary to ride safely on our roads and to enjoy an activity that promotes fitness and wellbeing. If your child is unable to ride a bike it is a perfect opportunity to learn to and as such every child will participate in the Level 1 regardless of their current ability to ride independently.

Please complete and return the attached slip as soon as possible.

Yours sincerely

Miss Jones & Mrs Bradley
Year 5 Class teachers

Parental/carer consent form

Dear Parent / Carer

Great news! Your child has been offered the opportunity to take part in Bikeability cycle training.

We need your consent for your child to participate in Bikeability cycle training. Please complete the following form and return it as soon as possible to your school. You are required to complete this form in order for your child to take part in Bikeability cycle training and require this information prior to the training date.

What is Bikeability?

Bikeability is the government's national cycle training programme. It helps you learn practical skills and understanding of how to cycle on today's roads. Bikeability gives everyone the confidence to cycle and enjoy this skill for life.

Find out more: www.bikeability.org.uk

Name of child: _____

School/Organisation: Riddings Junior School

School Year: Year 5

Relevant medical conditions:

Relevant additional needs:

I am happy for photographs or videos to be taken of my child during Bikeability cycle training.
These images may be used by the school, training provider or Bikeability Trust to promote the programme.

☐ Yes

☐ No

Pupils will need to bring a roadworthy bike and we recommend a helmet that fits securely.

A roadworthy bike has:

- Inflated tyres
- Working brakes
- An oiled chain
- A saddle and handlebars which are fixed on tight

For tips on how to check your bike is roadworthy, visit <https://bikeability.org.uk/bikeability-training/get-ready/>

For my child to take part in Bikeability, (Please tick where appropriate):

	Please Tick
My child can already ride a bicycle or is gaining confidence to ride their bike. (Please note Only pupils who pass Level one will continue to Level two when applicabl.)	
My child is medically fit to take part in Bikeability.	
My child will bring a roadworthy bike and I understand that cycle training will be difficult to complete if their bike is not suitable.	
My child will bring a helmet that fits securely. (Helmets are available to loan if needed please let the school know)	
My child will have weather appropriate clothing.	
My child is responsible for their own behaviour, and I understand that cycle training may be removed if my child's behaviour puts them at risk to themselves or others.	
I have read all the information and consent to Bikeability cycle training for my child	

Signed (Parent/Carer) _____

Date: _____

Data Protection and Privacy Statement available on request from:-

First Grade Sports email – richard@firstgradesports.co.uk

Bike, Helmet and Clothing Checklist

Bike Safety Check

- **Frame**
 - Check for **damaged/bent** frame and forks – if there is visible distortion the bicycle should not be used
- **Headset and Brakes**
 - Check that the **brakes** actually work and are **properly adjusted** – when the brakes are fully on the lever should have been pulled approximately half way to the handlebars
 - Check that the **brake levers** are securely attached and the cables are not frayed
 - The **brake pads** should not be excessively worn and there should be at least 1mm between the pad and the rim
 - Check **adjustment of headset** by engaging front brake and seeing if there is any rocking movement when gently pushing on the handlebars – there should be no movement
- **Wheels and Tyres**
 - The wheels should **run freely**, with **no excessive wobbles/buckles**
 - **Check for loose spokes** by running your hand over the spokes
 - Tyres should be **inflated to a reasonable pressure** – manufacturers recommendations will be indicated on side wall of tyre
 - The **tread** should **not be excessively worn** and the tyres should have **no splits, cracks or holes**
- **Hubs and Axles**
 - Bolts and quick release mechanisms should be securely tightened
- **Saddle and Handlebars**
 - **Check to see if either are loose**, but do not use undue force
 - **Check saddle:**
 - Saddle should be **straight**
 - **Saddle height** – cyclist's knee should be slightly bent when they have the ball of their foot on the pedal, and the pedal is at its lowest point
 - **Handlebars** – handlebars and stem should be **straight and in line**. Handlebars should have **end plugs**
- **Pedals, Cranks and Bottom Bracket**
 - Check that there is **no movement in the bottom bracket or cranks** by holding one crank still and trying to move the other crank. There should not be any movement
 - Check that the **pedals rotate freely**
- **Chain and Gears**
 - Check that the chain is **lubricated properly**, and is **not slack or rusty**
 - Check that the gears are properly **adjusted, lubricated and cables are not frayed**
- **BMX trick nuts**
 - For safety reasons these should be **removed** if group riding is included in the session.

Helmet Check

All cyclists participating in a coaching session conducted by a British Cycling licensed coach must wear a cycling helmet.

The helmet should have a CE mark and conform to an appropriate standard such as BS EN 1078:1997 or SNELL B95.

Check that the helmet is fitted and worn correctly:

- Make sure it is the right way round – this is particularly important with children
- It should be placed on the top of the head with the straps fastened under the chin
- The front strap should be as vertical as possible and the rear strap should join the front strap just below the ears (forming a 'V' just under the ears)
- The helmet should fit comfortably on the head – if you try to move the helmet there should be very little movement
- If you can slide the helmet off the head either backwards or forwards you need to tighten the straps – always get the cyclist to take the helmet off before adjusting their straps

Clothing Check

Look out for:

- Baggy clothing – this can get caught in moving parts.
- Trousers and tracksuit bottoms should be tucked in to prevent them becoming entangled in the chain.
- All cyclists must wear shoes, with shoe laces tucked in
- The clothing must be appropriate for the weather and environmental conditions, e.g. warmth, waterproof etc.