

Headteacher: Mr S Payne
Acting Head of School: Mrs M Clark
Telephone: 01474 833177

Email: irpoffice@swale.at
Website: www.isteadrise.org.uk

Downs Road
Istead Rise
Kent
DA13 9HG

14th September 2026

Year 5 Bikeability



Dear Parents/Carers,

Bikeability is a cycle training programme designed to help learners gain practical skills and understanding on how to cycle on today's roads. More information can be found using this link.

<https://www.bikeability.org.uk/get-cycling/cycle-training-for-children/>

The bikeability sessions will take place on Thursday 8th October and Friday 9th October 2026. The group size is limited to 12 spaces.

Please be aware that in order for your child to participate in these sessions they are required to have a **roadworthy bike** and a **bicycle helmet** of their own. Please read through the information sheets below and complete the consent form via the [link](#) provided in order for your child to be able to participate in the Bikeability course by **Wednesday 30th September 2026**.

Please be aware that if the instructors do not feel your child is competent enough on their bike, resulting in them not being safe, they will not be allowed to continue the course when they move to the road.



Yours faithfully,
Mrs Brown
Class Teacher

ESSENTIAL PRE-COURSE BIKEABILITY INFORMATION

This document provides parents/guardians with guidance on bike suitability, clothing and the instructors' expectations of riders who participate in the 2 day Bikeability course.

What is Bikeability?

Bikeability is the 21st Century's cycle training for children. It is about gaining practical cycle skills and understanding how to cycle safely on today's roads. Bikeability gives people the skills and confidence for all kinds of cycling.

Our courses are run by Take Pride CIC under the registered scheme name Activriders. Bikeability is based on the government-approved National Standards for cycle training by our accredited Bikeability instructors.

It's hard to believe that only 2% of the UK population are using a bicycle for their journeys to school or to work, against 64% using cars for their commutes! Take Pride CIC / Activriders aim to increase young people's participation and enjoyment of physical activity and ensure they have the chance to experience and enjoy different sports to benefit their health, fitness and education.

Bikeability is much more than a cycle training programme. It provides your child a life skill with long-lasting benefits including a way of staying fit and healthy whilst being a sustainable way of travelling to places in the local area.

Bikeability supports the culture, ethos and environment of a healthy school and can support your child's learning in key areas such as Literacy, Maths, Science and Geography.

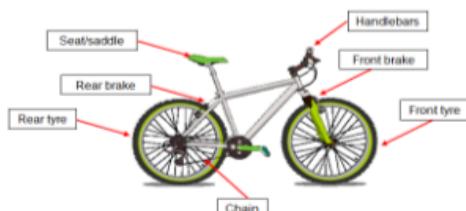
Roadworthy Bike

We will only be able to accept a bike which is in good condition and safe to ride on public highways.

Before starting any Bikeability training the Take Pride Bikeability instructors will carry out a safety inspection on all of the bikes that are to be used. Whilst the instructors have an understanding of what makes a safe bike they are not qualified cycle mechanics and cannot repair all faults found on cycles. They will however, endeavour to make any minor repairs or adjustments to make the cycle safe for use on the Bikeability course.

To help ensure that your child can take part in the Activriders program please take a few moments to make the following checks on your child's bike the weekend before the course:

1. Tyres are pumped up
2. Front and Rear brakes are fitted (legal requirement). Both brakes are working
3. Gears are in working order
4. Chain is oiled/lubricated
5. Bike is the correct size for the rider (Check the seat and handlebar height)
6. BMX bikes must have saddle raised to correct height of the rider (please no stunt pegs)
7. Nothing loose or hanging off the bike



If you have any reason to suspect that your child's cycle is not roadworthy, please consult a qualified cycle mechanic.

As a parent/carer it is your responsibility to ensure that the bike supplied to your child is roadworthy.

Unfortunately, if the instructors decide the bike supplied is un-roadworthy then your child may not be able to take part in the training.

Clothing

Bikeability will run throughout the year and will only be cancelled in extreme weather conditions. We would advise checking the weather conditions prior to the course.

Bikeability is a 2 day course which is delivered completely outdoors. It is particularly important to be dressed appropriately as your son/daughter will be out on the public highway all day, and will only return for the normal lunch break.

Helmet is compulsory for all parts of the course. You need to ensure it is the correct size, fits properly with good visibility and must be a standard approved helmet with 'CE' marking (usually found on a sticker on the inside). No full face helmets please. We will not be able to loan helmets as this is an essential piece of personal protective equipment.

Other recommended clothing and footwear, depending on weather:

- Shorts / Trousers (not loose / no jeans)
- Trainers with good grip
- Wind and Waterproof Top and/or Trousers
- Gloves

Ability

All riders must be able to ride unassisted for sustained periods of time and be able to manoeuvre and stop. This course is not suitable for pupils who cannot ride/ just learnt to ride their bike.

Behaviour

As we are using public roads with real traffic, there is a certain element of risk. All pupils are expected to adhere to the schools behaviour policy. Any pupil(s) deemed by the Instructors to be contriving this will be removed from the course and returned back to school.

Accreditation

Your child must reach the National Standards outcomes set by the Department for Transport in order to achieve their Level 1 and Level 2.

At the end of the course, the instructors will let pupils know if they have reached the Bikeability Level 2 National Standard. Certificates and Badges will be awarded (normally in an assembly). Any areas of improvement will be highlighted on a marking form for more practice.