



BIKEABILITY LEVEL 2

If you're thinking about getting on your bike, why not complete your Bikeability? It's fun! There are three Bikeability levels to help you become a better, safer cyclist. As you go through the levels you can safely go to more places on your bike.

Bikeability is the new National Standards scheme for the 21st Century, replacing the Cycling Proficiency Scheme, giving you the skills and confidence to cycle in modern road conditions.

- Level 1** During Level 1 Bikeability training you will learn to control and master your bike. The training takes place in an environment away from cars or traffic, usually in a playground or closed car park. But don't stop at Level 1!
- Level 2** During Level 2 Bikeability training you will get out on the roads! Level 2 gives you a real cycling experience so that you are able to deal with traffic on quieter roads. You will then be able to make short journeys such as cycling to work.
- Level 3** During Bikeability Level 3 training you will learn the skills to tackle a wider variety of traffic conditions than on Level 2. When you reach Level 3 standard, you will be able to deal with all types of road conditions and more challenging traffic situations.

Please note the bike you use does not have to be the latest model, **but it is essential that it be in good working condition, with good tyres, and two working brakes.** The bike must also be the right size for you.

- Your child must be able to cycle unaided in order for them to take part in this road safety cycle training course.
- Your child **MUST** have a correctly fitting approved cycle helmet that must be worn during the course. No full face helmets, as these restrict visibility.
- Please be aware that our cycle instructors show you how to make minor adjustments to cycles if necessary.

I have read and understood the above points and agree to my child taking part in this supervised Bikeability Level 2 Course. I confirm that his/her cycle is in a roadworthy condition, correctly adjusted for height. If your child is not able to demonstrate the skills required they may not be able to complete the entire course. Any behaviour that jeopardises the safety of your child or others will result in immediate withdrawal from the course. Please ensure your child is aware of this.

Name of Child

Male / Female
Delete as appropriate

Any medical conditions e.g. asthma or special needs, etc that we need to be aware of?

Is there any medication that should be taken on the Bikeability lesson? I.e. asthma pump, epi pen etc. (If so, your child will not be able to take part in Bikeability if the medication mentioned below is not available.)

Name of Parent/Guardian

Signature of Parent/Guardian

Privacy Statement

Southend on Sea Borough Council is a registered Data Controller. This means the Council control how and why your personal information is processed. The Council will only process your personal information in accordance with the requirements of the applicable data protection legislation, including the GDPR and the DPA 2018. We will not share the information collected with any third parties. We retain your information in line with our document retention schedules, after which time it is securely destroyed. Should you wish to contact us about your rights or discuss this privacy notice, please contact the Data Protection officer at dataprotection@southend.gov.uk.

For independent advice or to make a complaint you can contact the ICO at www.ico.org.uk or email casework@ico.org.uk. To view more information about your privacy and rights, please visit the Council's full privacy notice: www.southend.gov.uk/privacynotice

Occasionally, photographs are taken of ForwardMotion training activities for publications /promotion of the service.

Please **cross the box** if you **are happy** for your child's image to be used. Names will not be publicised with images. Please note that Southend Borough Council does not have control of how images taken by the media are published.

For more information about ForwardMotion, cycling in general, or any of the fun cycling events held around the town, visit our website www.forwardmotionsouthessex.co.uk

