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26th January 2026

Dear Parent/Carer,

We are pleased to advise that Year 4 children will have the opportunity to take part in **Level 1 Bikeability Training**. Bikeability is a government-recognised, practical and professional cycle training course which covers the basics of safe cycling. Level 1 takes place on the school playground. There are a number of outcomes to be taught so riders gain basic cycle skills including, bike safety checks, starting and stopping under control, signalling and using gears correctly.

This training will commence for **Year 4 children only** from **Monday 16th to Friday 20th March**. Children will be put into groups; each group session will last an entire morning. Closer to the time we will confirm which dates and times your child will be completing the training and when they need to bring in their bike.

The cost of training is **£9**, which covers cycling tuition, certificates and badges. Any child who is entitled to Pupil Premium will need to contact the School Office for a code to enter into the Bikeability booking system; these costs will then be covered by the school.

Children **must be able to ride a bike before starting the course**, this includes the ability to control the bicycle and maintain balance whilst giving hand signals. The Level 1 course aims to improve riders' skills and confidence for signalling, starting and stopping effectively and using gears correctly. The children **do not** cycle on the road as part of this training.

Although a basic safety check is carried out during the first session, it is your responsibility to ensure that the bike is safe and the right size for your child. It is essential you check your child's bike before the start of the course. The bike must be in a roadworthy condition, which means both brakes are fully working, tyres are pumped up, gears (if present) operate as designed and the chain is properly lubricated. **All children will need to wear a correctly fitted helmet**. Please see '**Cycle and Helmet Check**' to ensure your bike and helmet are in a 'road worthy condition'. Bikes will need to be brought to and from school each day and will be left in a safe place during the day. Please make sure children can recognise which is their own bike.

A **full Ewell Grove PE kit including a waterproof coat must** be worn on the day your child is completing the training as it is suitable for riding a bike for an extended period. Your child should have a waterproof coat at school. Training will go ahead regardless of the weather, unless it becomes unsafe. Gloves with grip are a good idea except in the warmest of weather.

If your child has medication at school, they will need to have this in a bag on their back for the duration of the course. **The children will need to look after their own medication**. When you book a place, you are required to give information about your child's medical needs.

If you would like your child to complete this training, please book on to the Bikeability Level 1 training course using the link below by **9:00am on Friday 14th February**. Please note, this date is decided by Surrey County Council. Therefore, after this date, we are unable to place anyone else on this course.

https://surreycycletraining.online/public/school_training/112357/

Yours faithfully,
Mrs L Theobalds