

Adapted Bikes on Bikeability courses

Dear School / Parent / Carer

We want our Bikeability courses to be inclusive and we will adapt the way we run a course to enable this to happen. For example, we might:

1. Allocate an extra Instructor to the course to give extra help;
2. Ask the school to send out a staff member with the trainee to attend to non-cycling needs;
3. Work with the charity 'Cycling Projects', who run 'Wheels for All' schemes and can make adapted bikes or adapted parts available;
4. Offer one-to-one training if the trainee finds it too difficult to participate. Having said that, we understand that the preference of most parents/carers is for their child to participate in the group activity and that is what we aim for. *Please note one-to-one training is not available during the pandemic.*

We ask you to please **contact us in advance of the training** to give us enough time to make any adjustments needed. The further in advance you can contact us, the better. The school office will have contact details and parents are most welcome to contact us directly with any questions or suggestions: call the Surrey County Council contact centre on 03456 009009 or email cyclctraining@surreycc.gov.uk.

Frequently Asked Questions

What are the criteria for taking part?

We apply the following criteria to all trainees; they are the essential safety criteria that have to be met for the trainee's own welfare.

Bikeability Level 1 training is in the playground. Trainees will need to be able to ride a little. Level 1 is not suitable for complete beginners; we offer a separate 'Learn to Ride' course for that. *Please note Learn to Ride is not available during the pandemic.*

Bikeability Level 2 training is on quieter roads where the trainees will be sharing the road with traffic. Before going on the road the Instructor will check that each trainee can:

- start and stop safely
- cycle in a straight line without losing control
- look and see behind, by turning their head or using a rear-view mirror, without losing control

If an Instructor does not think a trainee will be safe on the road, then they are not allowed to take that trainee out and they will advise the school and parent that the child cannot continue on the course. Instructors also have to check that each trainee's bike is roadworthy – for example, that it has brakes.

How far do trainees cycle?

On a Level 1 course, trainees stay in the playground. On a Level 2 course, trainees will often cycle in a group – called 'snaking' – to a location away from the school. How far depends on the size of the risk-assessed training area but it may be a 10-minute ride. If your child finds it difficult to cycle as far or as fast as the rest of the group, then the Instructors will look to use a risked-assessed area closer to the school, provided there is one available.

What allowances do you make?

Bikeability has a set of national standard activities. We do not run a 'pass or fail' system. Instead, each trainee receives a personalized certificate showing how they did.

Do you accept trikes?

Yes – for Level 2 they need to be legal for road use.

What do Instructors know about adapted bikes?

All of our Instructors are accredited to the National Standard. We periodically offer our Instructors training in the operation and use of adapted bikes and the training is supplied by the charity 'Cycling Projects'. Both Level 1 and Level 2 courses have included adapted bikes where our Instructors have applied this knowledge. Instructors have been issued with the Department of Transport publication, "[Delivering Inclusive Training, Summary of Guidance](#)". However, our Instructors are not bike mechanics.

What do trainees do on Bikeability courses?

Cycle training involves the following:

1. Practical exercises and manoeuvres.
2. Repetition of the practical exercises and manoeuvres.
3. Sessions of up to an hour-and-a-half without a break.
4. Continuous cycling (please see 'how far do trainees cycle?' in the FAQs above).
5. Instruction, both verbal and through demonstration, within a group situation.
6. Instruction delivered in the playground and, for Level 2, on the road.

Level 1 is a 3-hour course with a break in the middle. Level 2 is usually delivered over 5 days with sessions of 85 minutes per day. There is no break within an individual session.

Level 1 activities

- Checking your bike and understanding the need of safety equipment and clothing
- Getting on and off a bike without help
- Start cycling, pedaling and stopping without help
- Ride along without help for roughly one minute or more
- Make the bike go where you want
- Using gears (where present)
- Stop quickly with control
- Manoeuvre safely to avoid objects
- Look all around, including behind, without loss of control
- Control the bike with one hand

Level 2 activities

- How to start and finish a journey
- Be aware of potential hazards
- Understand how and when to signal intentions to other road users
- Understand where to ride on roads being used
- Pass parked or slower moving vehicles
- Pass side road
- Turning into and out of road junctions- left from minor to major road, left from major to minor road, right from minor to major road, right from major to minor road
- Demonstrate a basic understanding of the decisions you make while cycling
- Demonstrate a basic understanding of road signs and markings