

**NATIONAL STANDARDS
CYCLING COURSE LEVELS 1 & 2**

Dear Parent or Guardian,

Many children enjoy the freedom of owning and riding a bicycle. With the volume and speed of traffic today young cyclists require an understanding and skills to ride on the road and as a parent or guardian, you will quite rightly be concerned about your child's safety.

National Standards cycle training courses levels 1 & 2 are shortly to be conducted at your child's school. Level 1 will be carried out within the school playground and students who pass this level of training will be taken out onto the public highway, on roads local to their school, to undertake Level 2. These courses are designed to improve your child's cycling skills, to develop road sense, raise awareness of traffic dangers and to provide the fundamental basics to ride safely on the road.

The compulsory elements of these courses are detailed overleaf. Both Level 1 and Level 2 training will be carried out in sessions during the school day. If you wish your child to participate in these courses, please complete and sign the attached form and return to the school.

For the duration of the course could you ensure that your child is appropriately dressed according to the weather on that day - it can be very disappointing for the children if they are unable to take part due to unsuitable clothing. For example, if there is any likelihood of rain it is advised that your child comes equipped with waterproofs, this will reduce the chances of the training being cancelled. Children will also be required to wear an approved cycle helmet at all times throughout the training.

Your child will need a bicycle in a safe, roadworthy condition in order to participate in the courses. The bicycle will be checked at the beginning of the course and you will be notified if any faults are found. If the faults are considered to be dangerous your child will not be able to continue on the course until the faults are rectified.

During the course cycling literature may be issued to students and your support in going through this information with your child will help to improve their road safety skills, knowledge and attitudes.

Only the basics of safe cycling can be learnt on this type of course, and it is very important that you continue to provide road safety help and guidance to your child afterwards.

If you require any further information or assistance, please do not hesitate to contact me.

Yours sincerely

Karen Stokes

Senior Road Safety Officer / Uwch Swyddog Diogelwch ar y Ffyrdd
Highways and Engineering / Priffyrdd a Pheirianneg
Vale of Glamorgan Council / Cyngor Bro Morgannwg

LEVEL 1: The aim of this course is to encourage and develop basic cycle control skills and to give trainees the confidence to use their cycles more often. This training takes place in a 'traffic free' environment.

Level 1 training has 12 compulsory outcomes which must be attained before trainees can undertake Level 2. These are:

- ▶ Demonstrate understanding of safety equipment and clothing
- ▶ Carry out a simple bike check
- ▶ Get on and off the bike without help
- ▶ Start off and pedal without help
- ▶ Stop without help
- ▶ Ride along without help for approximately one minute or more
- ▶ Make the bike go where they want
- ▶ Use 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: The aim of this course is to encourage and develop safe cycling skills and a positive attitude towards road use. To increase knowledge and understanding of the road and traffic environment and to give trainees the confidence to use their bikes on local roads. This training is delivered on local roads.

Level 2 training has 15 compulsory outcomes trainees have to pass to complete this course, These are:

- ▶ All Level 1 outcomes
- ▶ Start an on road journey
- ▶ Finish an on road 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 roads
- ▶ Turn left into a minor road
- ▶ Make a U-turn
- ▶ Turn left into a major road
- ▶ Turn right into a major road
- ▶ Turn right from a major to minor road
- ▶ Demonstrate decision making and understanding of safe riding strategy
- ▶ Demonstrate a basic understanding of the Highway Code.

Information on Fitting a Cycle Helmet;

1. Measure the head around it's circumference, about one inch above the eyebrows.
Match your head size to the size of the helmet (Printed on the helmet, on a label or on the box).
2. Place the helmet squarely on your head and fasten the straps. If it is loose, use the pads or straps to get a close fit. It should feel snug all the way around, but not too tight.
3. Once the pads are fitted, place the helmet back on your head. Keep it level, about one inch above the eyebrows and adjust the outside straps, so there is no slackness.
4. The front strap should be as vertical as possible. The rear strap should join the front strap, just under the ears.
5. Fasten the buckle, which should rest under the chin, not on the jaw line.
6. Try to move the helmet about on your head. There should be minimal movement.

TRAINING PROGRAMME: **-National Standards Cycling Courses - Levels 1 & 2**

SCHOOL:

DATES:

I agree to my son/daughter.....(Name)
participating in the above cycle training course and have read the information
supplied. I agree to his/her participation in the activities described. I acknowledge the
need for responsible behaviour on his/her part.

Signed:

Name: *(block capitals please)*

Date:

The Vale of Glamorgan Council retains your personal information securely. For further
information please visit our website:

www.valeofglamorgan.gov.uk/en/ourcouncil/Website-privacy-notice.aspx

A paper copy is available upon request.