



Bikeability is coming!

Free cycle training for Year 5 · 10th – 17th November 2026

Dear Parents and Carers,

Great news! Your child is invited to take part in **Bikeability** - the national cycle training scheme that helps children ride safely, confidently and independently.

What's involved

Fun, practical sessions led by qualified instructors, covering bike control, road awareness and safe cycling.

Sessions are free of charge — though late cancellations may incur a charge (T&Cs apply).

What your child needs

- ✓ A roadworthy bike with two working brakes (Levels 1 & 2)
- ✓ A helmet
- ✓ Sensible footwear and clothing for the weather
- ✓ Any medication needed — please tell the school

 **No bike? No problem.** If your child doesn't have a suitable bike but would like to join in, contact the school office as soon as possible and we'll try to loan one (subject to availability and notice). For **Balance Bike** and Learn to ride sessions, all bikes and helmets are provided.



☒ One thing to do: give consent

Please complete the online Cycle Consent form using the link or QR code below. Without it, your child can't take part.



Gilthill
Primary-Nottingham

or use this link: <https://consent.bikeability.org.uk/ref-jogs-red>

The form has five short sections — just a few minutes:

- 1 Rider details
- 2 Cycling ability and how often they ride
- 3 Bike and kit check
- 4 SEND and medical information
- 5 Parental consent

Any questions? Please contact the school office — we're happy to help.

Delivered by Via East Midlands Bikeability Team

