

Dear Head Teacher,

The Bikeability Trust would like to thank you for your hard work and dedication since the first impact of Covid-19 hit. Now, more than ever, it is vital that the education of our children continues to be supported, including their ability to cycle confidently and competently.

In response to Covid-19, Bikeability training has been adapted to ensure children are kept safe, whilst they learn this essential life skill. The Department for Education's latest guidance (<https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak>) emphasises that sport and active travel helps "to enable pupils to be physically active while encouraging physical distancing." The guidance notes for all Bikeability trainers has been reviewed and approved by the Department for Transport and the Department for Education, as well as Public Health England, and includes the following key changes:

Covid-19 symptoms: Instructors will not take part in Bikeability cycle training if they, or a member of their household displays Covid-19 symptoms. If this happens, another instructor will deliver Bikeability or training will be rearranged for another date.

Hand washing: Instructors will follow robust hygiene guidance, including frequent hand washing and sanitising, and instructors will check that all pupils have washed their hands before they start the training session.

Equipment: Equipment must not be shared between bubbles. Any loaned equipment, such as tabards and bicycles, will be thoroughly cleaned or quarantined between each training session.

Social Distancing: Instructors will have no physical contact with pupils, and they will always maintain a social distance of two metres. Any "hands-on" exercises such as checking a cycle and fitting a helmet will be demonstrated.

PPE: As all Bikeability training takes place outdoors, wearing PPE is not essential. If PPE is required, instructors may wear a combination of face shields, face coverings and gloves.

NHS Test and Trace: All Bikeability instructors will keep a record of their training courses for 21 days and inform the school if they display symptoms or test positive for Covid-19.

The Bikeability Trust believes that Bikeability cycle training is a core part of the recovery curriculum. Bikeability cycle training ensures children have the skills to travel to school by bicycle, as well as the following benefits:

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Removes pressure on public transport: At least 50% of journeys to school are two miles or less. Cycling to school is one of the easiest ways to relieve pressure on public transport, caused by lower capacities and social distancing.

Reduces risk of transmission: It is far easier to socially distance outside and the risk of transmission of Covid-19 is reduced outdoors.

Improves health and wellbeing: An active lifestyle improves both physical and mental health. Children are more alert to start their lessons, their fitness is improved, and they feel happier and more confident.

Reduces air pollution: Lockdown significantly reduced air pollution and more cycling will help ensure that pollution does not return to pre-coronavirus levels

Builds confidence: Bikeability cycle training increases the confidence of children, both on and off the bicycle, and demonstrates to parents and carers that their child can cycle confidently and competently.

In addition to in-school Bikeability cycle training, there is also on-line support on the Bikeability website to develop children's cycle skills, and help your school maximise the impact of Bikeability. The free **Tools for Schools** toolbox for Early Years and Key Stages 1, 2 and 3 includes curriculum-linked materials and accompanying teacher guides that bring cycling to life in maths, English, science, geography and beyond. It also includes tips, tools and fun activities to help each child continue to enjoy and improve their cycling, both in and out of school. Download at: <https://bikeability.org.uk/tools-for-schools/>

We hope you agree that there has never been a more important time to ensure every child has the confidence to enjoy cycling. The Bikeability Trust is committed to ensure that no child misses the opportunity to develop this important life skill.

Kind regards



Emily Cherry

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www.bikeability.org.uk

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