



Whitstable & Seasalter Endowed Church of England (Aided) Junior School

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Wednesday 2nd September 2026



Dear Families of our new Year 6,

We are delighted to offer your child a place on a Bikeability training course: Learn to Ride, Level 1 and Level 2 training from **Monday 21st September to Monday 28th September 2026**.

WHAT IS BIKEABILITY? Bikeability is the national cycle training programme supported and partly funded by the Department for Transport. The course builds the skills and confidence of children who can already ride. Bikeability can not only make children better cyclists - potentially for the rest of their lives - but can help with general confidence and independent thinking. All of our Bikeability training is delivered by The Canterbury Bike Project with qualified, professional, DBS checked National Standard Instructors. Visit www.bikeability.org.uk for more information



Level 1 takes place in an off road environment and teaches riders how to control and master their bikes



Level 2 gives participants on-road experience in residential traffic to help them prepare to make short journeys by bicycle



Level 3 teaches individuals the skills to ride effectively on more complex roads and in further challenging traffic situations



FURTHER INFORMATION FOR PARENTS This course develops the cycling skills and confidence of children who can already cycle. To benefit from Bikeability, your child must practice what they learn after training. Bikeability skills and confidence will be lost without regular cycling. Bikeability engenders enthusiasm while building skills and confidence to cycle more safely, more often. Please support and encourage your child to continue cycling after training.

HOW TO BOOK

Training places are funded by The BikeAbility Trust and The Canterbury Bike Project. Please ensure you complete the online consent form before **19th September 2026**. <https://consent.bikeability.org.uk/sleep-tar-march>

During the training course helmets must be worn at all times, please inform us of any reason your child cannot wear one.

As a project we have spare bicycles and helmets available, please let us know if your child would like to use our equipment.





All bicycles will be inspected prior to the delivery of the course. If your child's bicycle is deemed unsafe by our instructors, a spare bicycle will be made available.

You can check the condition of your child's bicycle by following our short guide below:

1. Squeeze both tyres. If necessary, inflate until they are hard.
2. Apply the front brake. It should stop the bike when pushed forward.
3. Apply the rear brake. It should stop the bike when pulled backward.
4. The chain should move freely between the gears (on a bike with gears) and not jump off. It should be properly lubricated and not rusty.
5. Hold the front wheel between your legs and try to turn the handlebars. They should not move side to side.
6. Wheels, pedals and seat should be firmly secured.
7. When sat on the bike, your child should be able to place balls of both feet on the ground. The seat should be at or below the maximum height mark.

The course will take place in the school playground and on local roads near to the school. We will carry out a risk assessment of the training areas before the start of the course. A copy of the risk assessment will be available from the school.

Our Bikeability training course is designed for children who can already ride a bicycle. If your child cannot ride a bicycle, please contact us for information on how we can help.

For more information about Bikeability, please visit <https://bikeability.org.uk/faqs/>

If you have any queries or are interested in finding out more about The Canterbury Bike Project, Bikeability, or the National Standard, please visit our website. www.thecanterburybikeproject.co.uk

Privacy and data security: At the Canterbury Bike Project we are committed to protecting and respecting your privacy. Our privacy policy explains when and why we collect personal information, how we use it, the conditions under which we may disclose it to others and how we keep it secure.

Read our privacy policy here: <https://www.canterbury.kent.sch.uk/information/policies/>

Training will go ahead in all weathers unless the instructors feel it is unsafe to train. As weather conditions can change rapidly a decision to postpone the training may, on rare occasions, be made at very short notice. Should training be postponed it will be rearranged as soon as possible and you will be notified by the school.

Please make sure your child has appropriate clothing for the weather condition.

Kind regards,

Ellen Taylor
Headteacher

