



Bikeability

Cycling Training for the 21st Century
SCHOOL HOLIDAY CYCLE TRAINING COURSES

BEFORE BOOKING YOUR COURSE, PLEASE READ BELOW CAREFULLY!

- All courses are subject to a £5 Booking Fee which is Non-refundable.
- Places are limited so these are booked on a first come basis.
- The child must have a roadworthy bike with 2 working brakes and have a properly fitting helmet.

Bikeability Learn to Ride

This session is for children who are unable to cycle, including older children who have never mastered the skill. Session 1 ½ hours. This course is for School Year 3 and above.

Level 2

Consists of two morning sessions, there is an initial assessment in the playground covering level 1 skills to ensure they are ready for on road training. Once out on the road they will learn about road position, which road user has priority and when, how to recognise typical hazards as well as manoeuvring through junctions. This course is for School Year 6 and above who can cycle.

Level 3

Aims to equip riders with skills for more challenging roads and traffic situations such as passing queuing traffic, road narrowing, understanding blind spots and how to perceive and deal with hazards. All riders MUST have completed a level 2 course to an acceptable level prior to enrolling on this course. An acceptable level is where on the back of their level 2 certificate each box is ticked either Independently or With More Practice. If any of the boxes are ticked as either With Some Assistance or Not Yet Attempted they should attend another level 2 course. Most riders will need time to absorb the level 2 skills and put these into practice, hence they MUST NOT attend a level 2 and level 3 course within the same holiday period.

Courses are being held at Bradley Stoke Community Secondary School, Fiddlerswood Lane, BS32 9BS

To book on one of the above courses please log onto <https://southglos.cycleready.co.uk/publicbooking>

All Instructors are DBS checked and work for the Council's Road Safety Team. Bikeability certificates are awarded to all trainees who successfully complete the course.

Please note courses are subject to a minimum number of children attending on the date. Locations of training may vary according to availability.