



# Bikeability

## Cycling Training for the 21st Century

### **SCHOOL HOLIDAY CYCLE TRAINING COURSES FOR SOUTH GLOS RESIDENTS**

*All courses are Subject to a £5 Booking Fee which is Non-Refundable*

#### **Bikeability Learn to Ride**

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

#### **Level 1**

**Consists of a 2-hour session where riders learn to control and master their bikes in a space away from traffic such as a playground or closed car park.**

#### **Level 2**

**Consists of two morning sessions the holiday course session is designed for years 6 plus, 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.**

#### **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 perceive and deal with hazards. This is for year 6s and above. Level 2 must be undertaken prior to Level 3.**

#### **Family Rides**

**These are for members of one household (Max 6 trainees) There must be at least one adult included. There are no age restrictions, but you must be able to set off, pedal, slow down and stop. This is a 3 hour tailored training package.**

*All elements of the course must be achieved to a competent, confident and consistent standard to gain the Bikeability standard.*

*All trainees must have a signed and completed consent form.*

*Trainees must have and be able to ride a roadworthy bicycle.*

*Trainees must have a properly fitted cycle helmet.*

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.

**For further information please Email**  
**[cycle.holiday@southglos.gov.uk](mailto:cycle.holiday@southglos.gov.uk) for further details.**

*Please note courses are subject to a minimum number of children attending on the date. Locations of training may vary according to availability. All courses are Subject to a £5 Booking Fee which is Non-Refundable*