



Bikeability

Cycling Training for the 21st Century

SCHOOL HOLIDAY CYCLE TRAINING COURSES

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. Session 1 ½ hours. This course is for School Year 3 and above.

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. 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 years 6 and above.

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 course is for year 6s and above. Level 2 must be undertaken prior to Level 3. For school years 6 and above.

Courses are being held at Bradley Stoke Community Secondary School, Fiddlerswood Lane, BS32 9BS and Badminton Road Council Offices BS37 5AF

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

To book on one of the above courses please log onto

<https://southglos.cycleready.co.uk/publicbooking>

Please note the age restrictions for each course.

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