

Bikeability - Cycle 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, so please make sure you book the correct course for your child.
- Places are limited so they are booked on a first come basis. Please only book 1 course for each child during the holiday.
- The child must have a roadworthy bike with 2 working brakes and have a properly fitting helmet.

Bikeability Learn to Ride This course is for School Year 3 and above.

This session is for trainees who **cannot** ride a bike with pedals without stabilisers, including older children who have never mastered the skill. The session lasts 1.5 hours. Riders need time to absorb and practise the Learn to Ride skills, therefore they **MUST NOT** attend a Learn to Ride and a Level 1 course within the same holiday period.

Level 1 This course is for School Year 3 and above who can cycle without stabilisers.

This session is intended for existing riders to build on their confidence and to learn to control and master their bikes in a space away from traffic such as a playground or a closed car park. For more details about the content go to: Bikeability Level 1 Session lasts 1.5 hours.

Combined Level 1 & 2 This course is for School Year 5 and above who can cycle confidently and with control.

This is a one-day course from 9:15am – 2:45pm. 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, and how to recognise typical hazards as well as manoeuvring through junctions. For more details about the content of the course, go to: Bikeability Level 2

Level 3 Trainees must be in School Year 6 or above. This course is for competent riders. 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. Riders need time to absorb and practise the Level 2 skills, therefore they **MUST NOT** attend a Level 2 and a Level 3 course within the same holiday period.*

This 2-hour course aims to equip riders with skills for more challenging roads and traffic situations such as using multi-lane roundabouts and traffic lights, passing queuing traffic, road narrowing, understanding blind spots and how to perceive and deal with hazards. For more details about the content, go to: Bikeability Level 3

Courses are being held at:

Bradley Stoke Community Secondary School, Fiddlerswood Lane, Bradley Stoke BS32 9BS

Watermore Primary School, Lower Stone Close, Frampton Cotterell BS36 2LE.

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.