



Bikeability

Cycling Training for the 21st Century

FREE SCHOOL HOLIDAY CYCLE TRAINING COURSES – SUMMER BREAK 2019

Bikeability Learn to Ride (Currently in School year 3 and above)

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 Training (Currently in school year 3 and above)

This 2 hour course takes place in a traffic free environment, designed to improve cycle skills and confidence.

Level 2 Training (Currently in school year 5 and above)

These two day course are designed to give trainees the skills needed to make a journey to and from school on quiet roads.

Level 3 Training (School year 7 and above must have completed level 2)

This half day course is designed to build on skills learned in Level 2. Trainees will learn about and encounter more complex, busier road situations.

Bikeability Ride

Local ride for children who have taken part in level 2 upwards with an aim to incorporate quiet roads and shared paths which young people are likely to use when getting about in their area, ride distance approximately 5 - 7miles – Session 1 ½ hours

Bradley Stoke Community School, Fiddlers Wood Lane, BS32 9BS

Learn to Ride	Mon 29 th July	09.00 – 11.30	one session required
Learn to Ride	Tues 27 th Aug	09.00 – 11.30	one session required
Level 1	Mon 29 th July	09.00 – 11.00	one session required
Level 1	Fri 2 nd Aug	09.00 – 11.00	one session required
Level 1	Mon 12 th Aug	09.00 – 11.00	one session required
Level 1	Tues 27 th Aug	09.00 – 11.00	one session required
Level 2	Tue 30 th & Wed 31 st July	09.00 – 13.00	two sessions required
Level 2	Tues 13 th & Wed 14 th Aug	09.00 – 13.00	two sessions required
Level 2	Weds 28 th & Thu 29 th Aug	09.00 – 13.00	two sessions required
Level 3	Thu 1 st Aug	09.00 – 13.00	one session required
Level 3	Fri 30 th Aug	09.00 – 13.00	one session required

Bradley Stoke Community School, Fiddlers Wood Lane, BS32 9BS

Bikeability Ride	Fri 16 th Aug	09.00 -10.30 or 11.00 – 12:30	one session required one session required
------------------	--------------------------	----------------------------------	--

Downend School, Westerleigh Road, BS16 6XA

Level 1	Fri 2 nd Aug	09.00 – 11.00	one session required
Level 2	Tue 30 th Wed 31 st July	09.00 – 13.00	two sessions required
Level 2	Thu 15 th & Fri 16 th Aug	09.00 – 13.00	two sessions required
Level 3	Thurs 15 th Aug	09.00 – 13.00	one session required

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

The sessions are incremental, so if a trainee misses a session they may not be able to continue on to the next session.

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.

Email 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.