

# Bikeability School Holiday 1-day course

**17 February 2020**

Jocks Lane Recreation Ground 0900 – 1500

Level 1 and Level 2



Bikeability Level 1 is aimed at Years 3 and 4 and teaches children to learn the skills necessary to enable them to take a trip and undertake activities safely in a traffic-free environment.

Bikeability cycle training is a Department for Transport designed scheme, delivered by nationally qualified instructors, within fully risk assessed environments.

Bikeability Level 1 is carried out in a traffic free environment such as a playground or park.

All trainees are assessed against the following outcomes:

- ✓ Demonstrate an understanding of safety equipment and clothing and carry out a simple bike check
- ✓ Get on and off their bike, starting and stopping, all without help
- ✓ Riding along making their bike go where they want with control and safely manoeuvring object
- ✓ Looking around without loss of control and controlling the bike with one hand
- ✓ Use of their gears and the ability to stop quickly with control

Bikeability Level 2 course is aimed at Years 5 and 6, and teaches children the skills to be able to make a trip safely to school or for leisure on quiet roads.

This course includes a Bikeability Level 1 refresher session ensuring children are safe to carry on with Level 2, which takes place on roads local to the school.

Bikeability cycle training is a Department for Transport designed scheme, delivered by nationally qualified instructors, within fully risk assessed environments.

All trainees are assessed against the following outcomes:

- ✓ All Level Bikeability 1 outcomes
- ✓ Completing an on-road journey whilst understanding where to ride on the roads being used

- ✓ Being aware of potential hazards
- ✓ Understanding how and when to signal intention to other road users
- ✓ Passing parked or slower moving vehicles and side-roads
- ✓ How to negotiate a T-junction from every direction as well as performing a U-turn
- ✓ Demonstrate decision-making and understanding of safe riding strategies and a basic understanding of the Highway Code