

avanticycling

Provider of Bikeability in the
Thames Valley



Bikeability Levels 1, 2 & 3

Why Cycle?

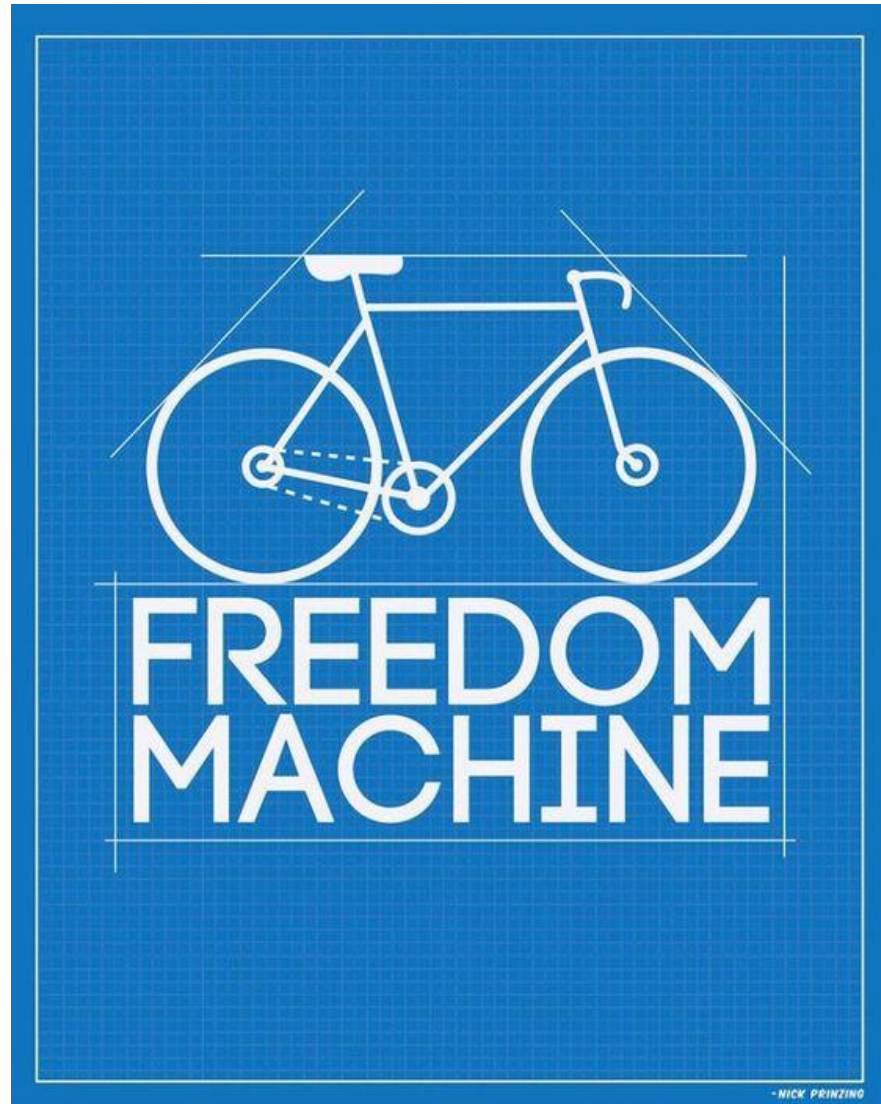
FITNESS and
HEALTH

ADVENTURE

TRAVEL

INDEPENDENCE

NO
POLLUTION



MAKES YOU
FEELS
GREAT

CHEAP TO LOOK
AFTER

GREAT WAY
TO GO OUT
WITH
FRIENDS

LOTS OF
FUN

HAPPINESS IS



...riding my
bicycle downhill.

Who is Bikeability for?

Bikeability is for **anyone** who can **ride** a bike.

The skills and confidence you will gain by attending a Bikeability course will stay with you for **life**



RIDE YOU MUST

How long is the Bikeability course

- **Two school days** to cover Level 1 and Level 2
- **Level 1 day 1** - first morning - **playground**
- **Level 2 day 1** - afternoon - **quiet roads**
- **Level 2 day 2** - **all day on local roads**



What you will learn on Bikeability

- **Level 1** Bike-handling skills in a **traffic-free** environment, with information about helmets, clothing and checking that your bike is safe to ride.
- **Level 2** Cycling on **local roads**. Learning how and where to ride, the rules and signs of the road and advanced road positioning skills.
- **Level 3** Cycling on **busier** roads, making longer journeys



You will need...

- A Bike that is the right **size** for you
- Your bike must be in good **mechanical** order with no parts broken or falling off
- Your bike must have TWO working **brakes**
- The **tyres** are in good condition, pumped up and not punctured



I don't have a bike!

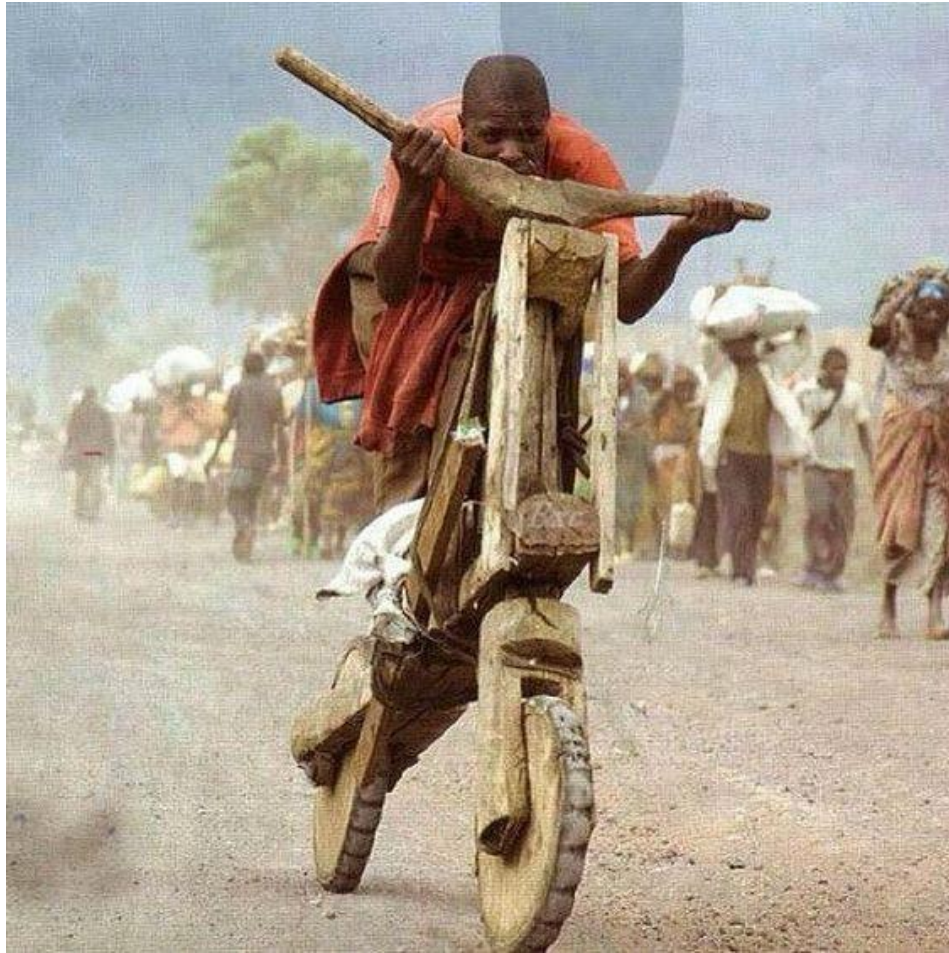
Don't worry **Avanti Cycling** can provide you with a **bike** (like the one below) and a **helmet** for your Bikeability course **but** you must let your teacher know as soon as possible.



Is this bike OK for Bikeability?



Brakes? What brakes...



Luckily Bikeability also covers...

How to look after your bike!



Do you remember when you learnt?

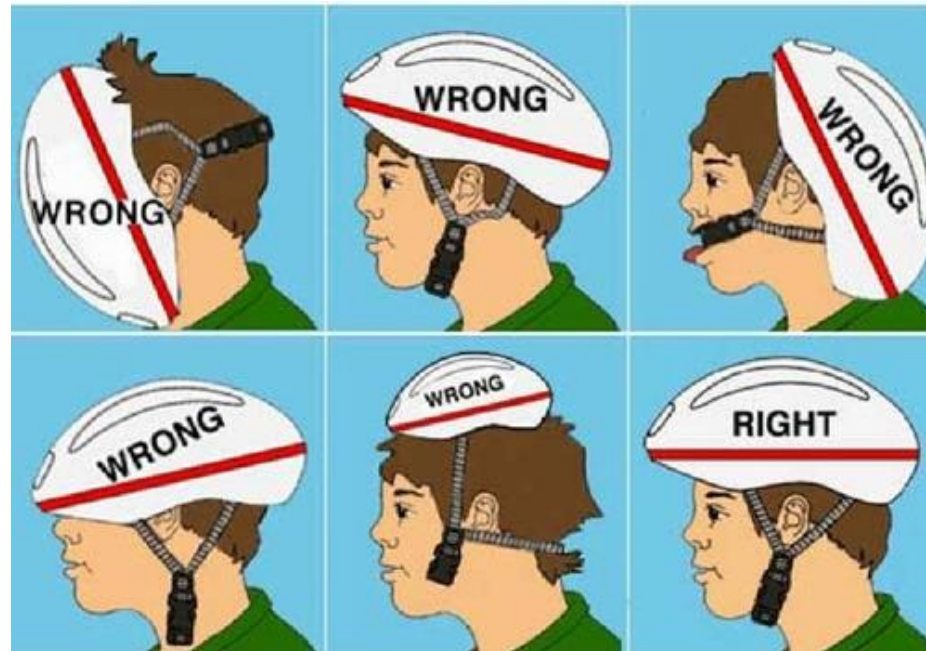


We will be doing this



You will also need a...

- **Consent Form** to say you can attend Bikeability
- Good raincoat, **gloves** and training shoes
- **Helmet** that fits your head!!



Your Avanti Cycling Bikeability Instructor will provide...



Hi-visibility tops
so everyone will
see us!

Remember we can
provide a **bike** and
helmet if you let
us know before
the course



Would you love to learn how to ride a
bike?

If you have not had the opportunity to learn to ride a Bike, **Avanti Cycling** can run **Learn to Ride** courses in the traffic free environment of your school's playground.

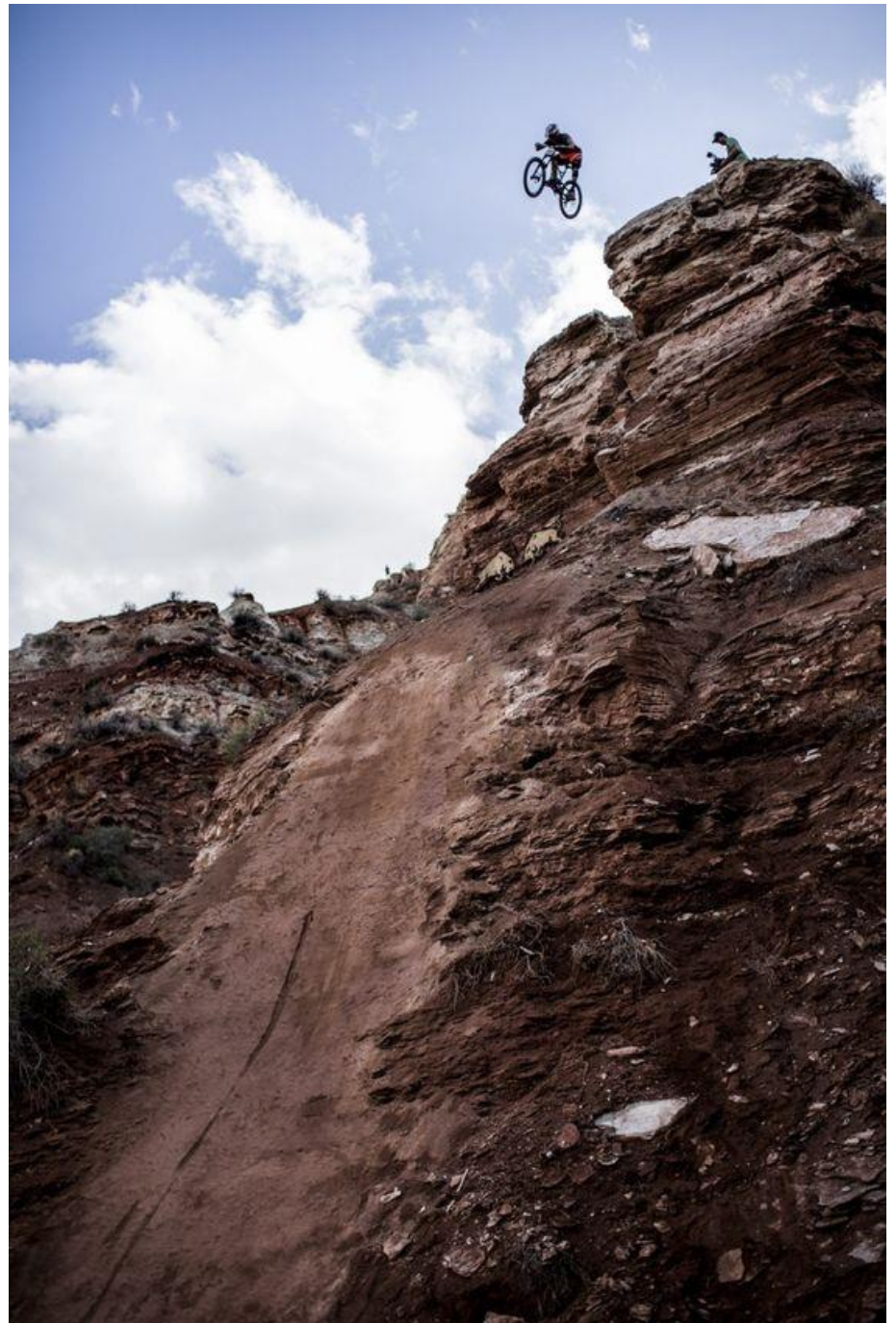
Please let your teacher or school office know that you would like attend the next **Learn to ride** course



**Do you
remember
when you
learnt?**

- Do you remember when you learnt to ride your bike?
- Tell me about that?
- How did it feel, riding your bike for the first time?

**Bikeability
Level 10,000!!**



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**Happiest
on my bike**





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Any Questions?

**Now is your time to ask anything
you want about Bikeability**