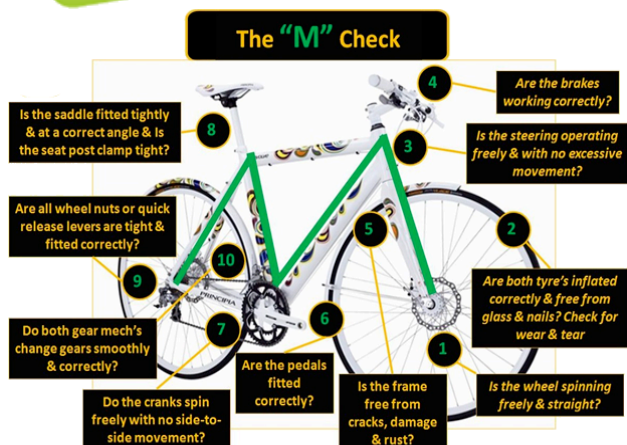


How to prepare your child for Bikeability

The thought of letting your child loose on the roads can be very daunting. Parents can assist in the weeks before the session to prepare the pupils by doing the following things



1. Prepare the equipment, ensure your child's bike is safe to use. Use the "M" check diagram below to help
2. Take a little time to explain the basic rules of the road, such as which side of the road we use.
3. Practice basic cycling skills required for level 1

"So is Bikeability just like Cycling Proficiency when I was at School?"

Bikeability replaced Cycling proficiency back in 2005. Sessions start with a 90 minute session in the playground working on the core cycling skills required whilst out on the road, as outlined below. All riders who complete this have now earned their Level 1 award & will then be taken onto the road as they work towards the level 2 award.

Level 2, taken over a whole day is conducted initially on very quiet streets so the riders can gain confidence in riding on the roads. Once they feel more confident we then move them onto busier roads in order for them to learn about moving with traffic. Once they have met the standard we award them their level 2. We also offer additional courses during holiday time for those who want extra practice or need to come back and complete their course.

Level 1 Criteria

- Perform a Bike, Helmet and Clothing check
- Perform a controlled & emergency brake
- Maintain balance at a slow speed
- Ride in a straight line one handed
- Manoeuvre in and out of a series of tightly spaced cones
- Look over right shoulder when cycling

Level 2 Criteria

- Start and finish a Journey on the road
- Perform a U turn
- Overtake a slow moving or parked vehicle
- Pass a side road
- Turn left & right into side roads
- Turn left & right from a side road into major road

Sole Cycling

We are an approved Bikeability deliverer. We deliver training on behalf of North Somerset Council in schools across the district. We deliver Bikeability sessions during holidays for those who want extra practice. We also run a weekly cycling club open to all at Ashton Court on Saturday mornings and even run cycling birthday parties. For more details get in touch.

www.sole-cycling.org Marc@sole-events.co.uk 07894144595

To see videos of us demonstrating all the manoeuvres you will be performing on the day, visit YouTube and find "Bristolcycling" channel

