

Your child has taken part in Levels 1 and 2 of Bikeability and has been awarded a badge and certificate at one of the two levels.



IMPORTANT!

Today's training is the start of a process for using the roads safely, the training does not make participants experienced Cyclists or road users.

All pupils achieving either level are encouraged to have lots more practice. This should take place on quiet roads near homes and is highly recommended that this happens under the supervision of an adult.

By practicing with your child, your own confidence in allowing them to use the roads and maybe even to cycle to school will grow. Who knows you might even be inspired to get on a bike yourself!



What is the National Cycle Training Standard

- The National Standard for Cycle Training sets out the skills needed for cyclists to be competent and confident using their bikes for all sorts of journeys
- Building on the experience of cycling proficiency the National Cycle Training Standard has been developed by over 20 expert organisations in response to public demand for a modern, nationwide scheme that caters for today's road conditions
- The Standard is a progressive scheme that moves through three levels to give parents the reassurance that their children have the necessary skills and confidence to cycle at each stage of their development and particularly to cycle to school

What is Bikeability?

- Bikeability is the Cycling Proficiency Test for the 21st century
- Designed to give the next generation the skills and confidence to ride their bikes on today's roads
- There are three Bikeability levels and overtime it is hoped that children will be encouraged to achieve all three levels

The Course

- Scheme is based on the levels established by the National Standard for Cycle Training and is as realistic as possible
- Uses a combination of demonstration, drills and games to impart and embed the required knowledge and skills
- Gives trainee's the opportunity to cycle on the road, accompanied by the Instructors to the various drill sites and learn how to interact with other road users in a safe and responsible manner