

How to prepare your child for Bikeability

The thought of letting your child loose on the roads can be very daunting. Parents need to help 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 ABC check on the left to help. – Note: Your child's bike **must have** 2 working brakes.
2. They must also have a correctly fitted helmet.
3. Ensure your child can take one hand at a time off the handlebars without wobbling and be able to look over their shoulder while riding in a straight line.
4. Take a little time to explain the basic rules of the road, such as which side of the road we use.
5. Get onto YouTube and watch the film made by our colleagues in Wiltshire. It's only 8 mins, but essential to help you understand what's involved. Search 'Bikeability Level 2' by 'Wiltshireschools'
6. Visit www.bikeability.dft.gov.uk and play some of the games in the 'School' section of the website

ABC Check

A – Air

Check you have enough air in the tyres. Press down all your weight on the handlebars and ensure tyres don't bulge.

B- Brakes

Ensure both your brakes work properly. You should hold each brake on in turn (not both together) and try to move bike...it shouldn't!

C-Chain

Chain should be oiled, not rusty.

Bikeability replaced Cycling Proficiency back in 2005. Courses start with a 90 minute session in the playground working on the core cycling skills required when we go out on the road. All riders who complete this will have earned their Level 1 award. These riders will then be taken onto the road as they work towards the Level 2 award. Riders who do not meet the required standard to ride on the road will be offered the chance to take part in a course at a later date.

Level 2, is split into 2 half day sections, conducted initially on very quiet streets so the riders can gain confidence in riding on the roads. Once riders feel more confident they move onto busier roads in order to experience riding in and with other road users. Riders will be given lots of opportunity to practice real road situations in small groups with plenty of time on the road. Once they have met the required standard, we award them their Level 2 certificate and badge.

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 range of other cycling opportunities including:

- After School Cycling Clubs – Subsidised school lessons, ask school to arrange these with us
- One to One cycle coaching, in any environment, beginners to advanced
- Cyclings – Balance Biking for 2-5 years – Ask school to get in touch to book classes
- Family-Ability – A post-Bikeability course for riders and their parents to learn together

