

# Cycling Training

Cycling is a healthy form of transport. Riding a bike can encourage independence, it's a convenient way to get to school and a great form of exercise. However, it's important that all people learn how to cycle safely on the road which is why we offer cycle training to help keep children safe.

## Free 'Bikeability' cycle training for children

Our cycle training for children prepares them for independent cycling on the road.

We use the national cycle training scheme [Bikeability](#). In Bournemouth, this is managed by our Road Safety team. Bikeability is the modern day cycling proficiency.

The free sessions take place at Kings Park Cycle Centre and each course takes two consecutive course dates to complete. Our instructors are all fully qualified to the national standard and are DBS checked.

We also offer Bikeability courses to all schools, so you could ask your child's school if they will be offering one of our courses in the future.

### Who can join a session?

- Children aged between 10 and 15 years old.
- Children that can ride a bike one handed in order to indicate and look over their shoulder.
- Children who have their own bike and helmet and have permission from a parent/carer to take part.
- Children who live or go to school in Bournemouth.

### What they learn

The Bikeability course in Bournemouth combines Levels 1 and 2.

- Level 1 helps riders to control their bicycle and starts to make them aware of safety issues and bike maintenance.
- Level 2 involves taking the children out onto the road to teach them how to cycle as safely as possible, in real life situations.

## Upcoming courses

We hold courses both during term time and also in the school holidays. Our term time courses are held over **two** consecutive Saturdays. For the school holiday courses, these are held on **two** consecutive days (no holiday courses scheduled at present). Please note, children must attend **both** dates in order to complete the course.

Our 2 day courses are a total 8 hour duration, 09:00 – 13:00 for day 1 and 09:00 - 13:00 for day 2.

### Saturday Courses 2017

- Sat 14 Jan (day 1) & Sat 21 Jan (day 2) - 09:00 - 13:00
- Sat 4 Feb (day 1) & Sat 11 Feb (day 2) - 09:00 - 13:00

Courses are booked on a first come, first served basis. Places are limited to 12 pupils per session so please contact us as soon as possible with your preferred course date as the courses do get booked up very fast.

## To book a course

Please email [road.safety@bournemouth.gov.uk](mailto:road.safety@bournemouth.gov.uk) with the following details:-

- Parent/guardian's full name

- Child's full name
- Age of child
- School
- Year group
- Address
- Landline
- Mobile (for emergencies)
- Requested course date

**Sometimes emails may get caught in the Junk/Spam folder. We recommend you check these folders if you are expecting an email from us.**

## Has your child already passed Bikeability Level 1 and 2 and is looking for further training?

For children aged 11 or over who have successfully completed Level 1 and 2 of our Bikeability course and who want to improve their skills on more challenging roads and junctions they can complete our [Level 3 Bikeability Course](#). Training is delivered one-to-one or in groups of up to 3 and can be tailored to an individual's needs, such as a route to school. Please email [bourne-mouth@lifecycleuk.org.uk](mailto:bourne-mouth@lifecycleuk.org.uk) for details of your local Bikeability instructor who will be able to deliver this for you at a time agreed.

## Looking for cycle training for adults?

We also provide [free sessions for adults](#) for anyone who is 16 or over and who lives, works or studies in Bournemouth. Sessions cover safety checks, basic bike control skills and route planning. These courses can also be tailored to an individual's needs and can accommodate both people who would like to gain more confidence with their cycling or those more experienced cyclists who wish to improve their skills on more challenging roads and junctions. The courses are delivered either one to one or for groups of up to 3. Please email [bourne-mouth@lifecycleuk.org.uk](mailto:bourne-mouth@lifecycleuk.org.uk) for details of a local Bikeability Instructor if you are interested.