

BIKEABILITY

ROAD SAFETY CYCLE TRAINING



WHAT IS BIKEABILITY?

Bikeability is the national cycle training programme supported and funded by the Department for Transport. The course builds the skills and confidence of children who can already ride. Bikeability can not only make children better cyclists - potentially for the rest of their lives - but can help with general confidence and independent thinking.

Bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors.

Visit www.bikeability.org.uk for more information

Level 1 takes place in an off road environment and teaches riders how to control and master their bikes.

Level 1 is currently being arranged for year 3 & 4 at your child's school. The course fee is £15 per rider. If your child would like to take part, please contact your school as soon as possible.

For any course queries, or further information, please contact Holly Harris NSIQ, PTTLS, Cytech 2, Dorset Council approved instructor:

**01305 251521/07434 661050
dorsetsafecycling@gmail.com**