



Bikeability Level 2 Cycle Training Course

The school is pleased to offer your child a place on a Bikeability Level 2 road cycle training course.

About the course

The course teaches children how to ride on local roads safely, confidently and interact correctly with other road users.

It is typically 4 x 2-hour sessions and is run by qualified Bikeability Cycle Trainers in school hours, between Monday 20th November and Friday 1st December.

The first session takes place on the playground using activities to teach basic road skills. Children then progress to following a planned road route to different local sites. They will watch, discuss, then practice a variety of cycling drills using different road situations.

The course is progressive and allows each child to work up to their own best level. All sessions need to be attended.

Find out more about Bikeability sessions in this [video](#)

Course requirements

- Trainees need to be able to ride a bike competently to take part.
- A well-maintained and suitable sized bike. (*Please check your child's bike using our [bike check guide before the course](#)*).
- Dress for the weather.

PLEASE SIGN AND RETURN THE ENCLOSED CONSENT FORM NO LATER THAN *Friday 20th October*.

Yours sincerely,

Mr Stallwood
William Harding School
School Cycle Coordinator
01296 421733

Cycle Training is available from Cycle4Life for people of all ages and ability, from complete beginners to experts, please ask for further details.

Cycle4LIFE

Cycle Training For Life!

Registered Bikeability Trainers
British Cycling Level 2 Coaches
CTC Mountain Bike Leaders