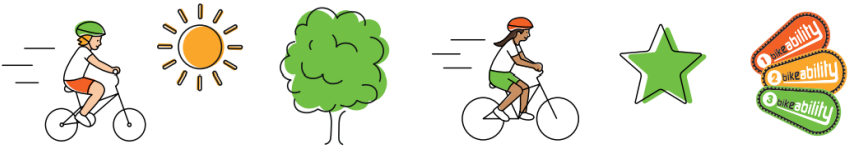


Bikeability

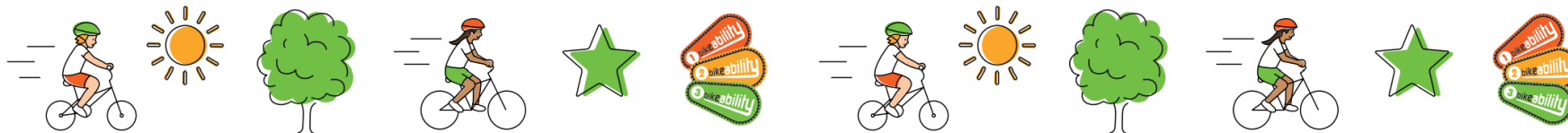


WEST LANCASHIRE
SPORT PARTNERSHIP



About Bikeability;

- Bikeability is funded by the Department for Transport and is the government's national cycle training programme.
- The programme aims to teach both practical skills, and knowledge to help riders understand how to cycle safely on today's roads.
- Bikeability gives everyone the confidence to cycle and enjoy this skill for life.
- Bikeability is for all levels of experience and all age groups.
- Bikeability is delivered by qualified, expert instructors.
- Pupils not only learn to cycle, but they also gain social independence, social skills and a sense of wellbeing.



Our Team



Lydia – Lead
Bikeability Instructor



Ben



Greg



Amy



Rachel



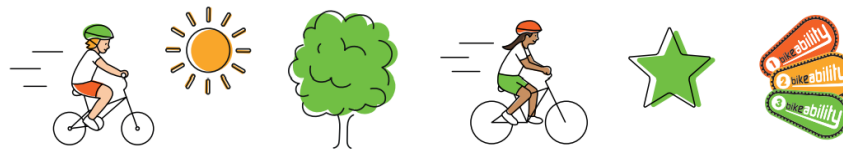
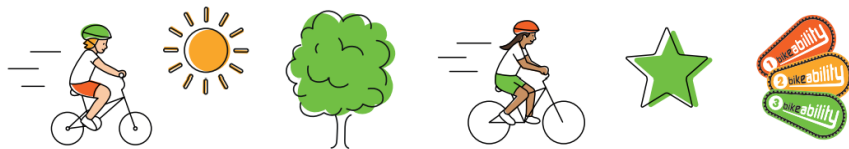
Karl



Alex



Matt



What we currently offer;

Level 1

Level 1 takes place off-road, normally on the school playground. This means that children can learn in a traffic-free environment.

Children will learn how to; maintain their cycle, control their bike, pedal and glide, be aware of their surroundings.

Level 2

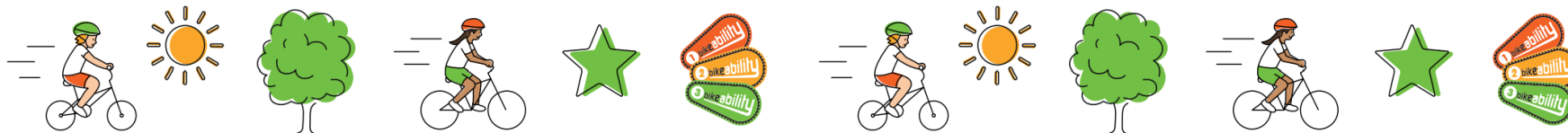
Expert instructors will lead riders onto quiet roads, to experience “real” cycling. Most children take part in Level 2 at school during Year 5 or 6.

Children will learn how to; start & stop, pass stationary vehicles, understand road markings, negotiate roads, and share roads with other users.

Level 3

Children can be ready for Level 3 from 11 years old, once they have completed previous levels.

Children will learn more advanced skills, like how to; use the best riding position, ride alongside other cyclists, ride and negotiate more complex roads.



Other Bikeability programmes;

Learn to Ride

Suitable for all ages.
Taught before Level 1.



Community Cycling

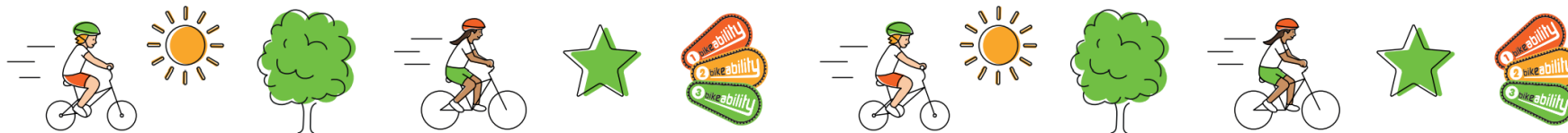
Community groups, extra training and cycling events.

Family Cycle

Learn how to cycle together.
Encourage and further develop childrens cycling skills.

Tools for Schools

Presentations and leaflets to explain Bikeability to your pupils and their families.



How it works...

COURSE RATIOS

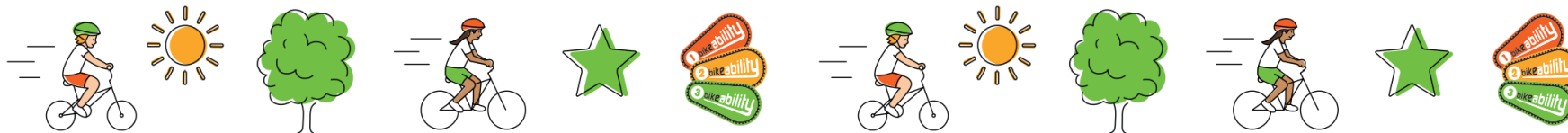
- **Bikeability Level 1** – maximum number of riders per instructor: 12
- **Bikeability Level 2** - maximum number of riders per instructor: 6
- **Bikeability Level 3** - maximum number of riders per instructor: 3

COURSE TIMINGS

- **Bikeability Level 1** – 2 modules with 4 activities, delivered over 2 hours
- **Bikeability Level 2** - 3 modules with 8 activities, delivered over 6 hours – across 2 days
- **Bikeability Level 3** - 2 modules with 4 activities delivered over 2 hours

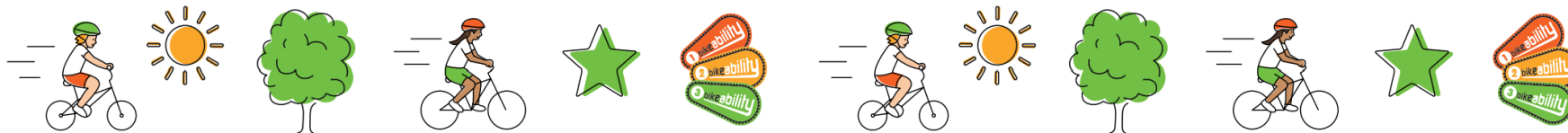
HOW WLSP TIMETABLE

- **Level 1 – DAY 1**
2 instructors, maximum of 24 participants split morning/afternoon
- **Level 2 - DAY 2 AND 3**
2 instructors maximum of 24 participants split morning/afternoon
- **Level 3 - 1 day course.**
High Schools contacted to arrange



Cycling Pathway;

- During the Summer Term we will email you with an 'Expression of Interest' form for you to distribute to your Year 4 classes.
- Based on the level of interest we will then allocate you a time/date slot for 22/23, when those pupils are in Year 5.
- Upon booking we will also send you a School Information pack, a Parent/Guardian Information pack, and a Passport to Safer Cycling booklet (see next slide).
- We recommend taking the time to work through the Passport to Safer Cycling booklet with your pupils, both before and after the course.
- In order for the Bikeability programme to fulfil its potential we recommend that all schools encourage their pupils to participate in the programme.



Passport to Safer Cycling



Name _____
 www.saferschools.lancsngfl.ac.uk
 Lancashire County Council

Is your bike safe? ...

There are 13 things wrong with this bike! Take a look and then see if you can 'Match the Faults' on the right hand side.

Tyres

- Tyres must be pumped up. Press them to check that they feel hard. Soft tyres increase the risk of punctures and affect control of the bicycle.
- You should know how to use a puncture repair kit and always keep one with you on rides.
- If the tread on the tyre has worn down then you should replace it straight away.

Saddle

- Make sure your saddle is at the right height.
- The balls of your feet should comfortably rest on the floor. Don't forget that you're growing all the time too so keep checking!
- If you need to adjust the height of your saddle, there is a line to show how far it may safely come out.

Handlebars

- Handlebars must be firm and secure with grips covering the ends.
- Check your handlebars by facing your bike, grip the front wheel between your knees, hold the handlebars and try to wiggle them from side to side. If they don't move, they're okay!

Chain

- Your chain should be oiled and not rusty!
- Make sure it is not loose.

Pedals and cranks

- Pedals and cranks must be secure and not bent or twisted.
- Pedals should rotate freely and should have reflectors.

Bell

- A bell warns other cyclists and pedestrians that you are approaching.

Lights/Reflectors

- Never ride in the dark without your lights and reflectors - it is illegal.
- Make sure they are clean and in working order before setting out so it is easy for drivers to see you.

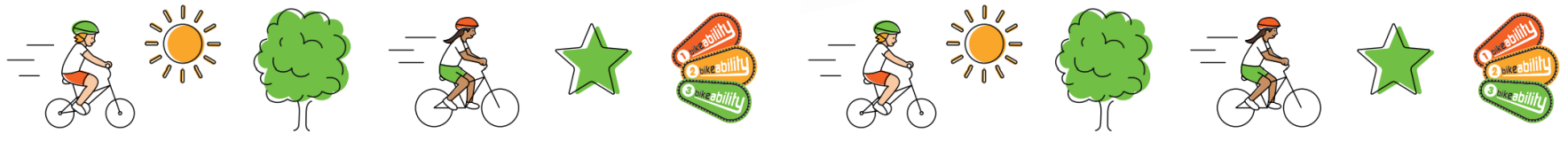
Brakes

- Both brakes must always work. Can you reach the brake levers and operate them easily?
- If your brakes are too tight, worn or not tight enough, they will not work properly.
- To check that your brakes will stop your bike, spin the wheels and then squeeze the brakes suddenly.

QUIZ TIME

This page shows pictures of road signs and markings. All are important to cyclists and other road users. Do you know what they mean? Why are they important? Write your answers in the white boxes.

Including some knowledge quizzes – let's give this one a go...



Answers



Route to be used by pedal cyclists only.



Segregated cyclist and pedestrian route.



Give way.



No Cycling.



Warning - Cycle route ahead.



Zebra crossing.



Designated cycle route.



You have priority over oncoming vehicles.



Give way to traffic on major road.



Give priority to vehicles from opposite direction.



Entry to a 20mph zone.

HOW DID YOU DO?



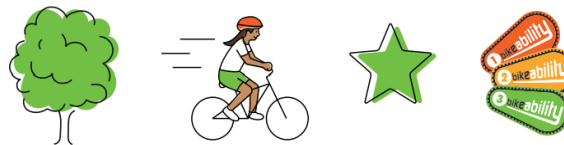
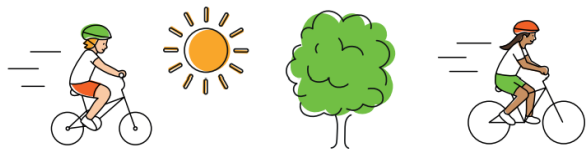
Traffic signals ahead.



Advanced stop lines. Cycle box.



Stop line. Usually by a stop sign.



PUPIL PEDAL POWER

We're buzzing for Bikeability



Have you got
the power?

FOR MORE INFORMATION VISIT
WWW.BIKEABILITY.ORG.UK

