



Bikeability

National Standard Cycling Training

To promote **safe** on road cycling **encouraging** children to get on their bikes for leisure or to make a journey on their first road vehicle, Bikeability gives them the confidence and necessary cycle skills to deal with real traffic and promotes sustainable travel where possible to and from school. Bikeability is the **modern and advanced** cycling tuition replacement for the old cycling proficiency scheme, the main difference being that it is taught by professional instructors who are qualified cyclists and all manoeuvres are demonstrated first by the instructor prior to being replicated by the rider. **Wiltshire Council is a Bikeability scheme provider.**

Wiltshire schools have been receiving Bikeability for 13 years, with an average of approx.3000 pupils participating each year. We have 21 fully qualified National Standard Cycling instructors delivering Bikeability to all schools in Wiltshire.

There are 3 Bikeability Levels. Wiltshire Council offers Level 1 (Off-road) and Level 2 (On-road) as a 10-hour combined course to all Wiltshire primary pupils in Year 6.

Level 3 tuition (Advanced On-road cycling) is available to all Wiltshire Secondary schools.

The cost of the training is subsidised by a Department for Transport grant including approx.10 hours tuition, badges, booklets and certificates for pupils. The cost to schools for the 2020-21 school year is £5.30 per head.

All schools receive a scheme participation certificate. Parents/carers receive a booklet and a letter listing all the training covered off and on road.

Until the parent/carer is confident of their child's cycling we recommend their child is accompanied whilst cycling on the road.



How do you apply for Bikeability Training?

Using the schools' digital platform **Right Choice** <http://rightchoice.wiltshire.gov.uk/Services/4133>

Please submit a quote request for Bikeability training for the year including details of approximate numbers and any preferred month/term for training. We will acknowledge your request and ask your local instructor to get in touch to arrange mutually convenient dates and times for training. Once all your training for the year has been completed, we will confirm your quote via Right Choice based on the total number of pupils trained.



Protocol for Bikeability Training in schools:

These guidelines outline the responsibilities for the visiting member of the road safety team and for the school

The **school's preparation** for the visit:

- Obtain signed carer/parental consent to training prior to commencement of Bikeability session.
- To agree **sole use** of the off-road training site (usually the school playground/tennis courts etc) for the agreed date and session times.
- All teaching staff informed of date, session times and pupils taking part.
- Teaching staff to be responsible for bringing pupils out to the training site **on time** for the start of Bikeability delivery. Ensure pupils are ready with appropriate clothing, helmet, snacks and water bottle to be carried in sensible back pack unless a water bottle bracket fitted to bicycle.
- Must inform the instructor prior to the sessions of any additional needs of a pupil participating on the course, for example medical, physical, behavioural or educational needs, particularly those that may affect the safety or welfare of any participants during training, given live traffic situations.
When appropriate provide a member of staff if a pupil usually has one to one support for learning or behavioural needs.
- School to remind pupil/parents/carers the day before Bikeability is booked to bring their roadworthy bicycles, helmets and appropriate clothing to school with them for the session.

The **road safety team's preparation for the visit:**

- All training sites on and off road will be risk assessed by the National Standard Cycling Instructor prior to training, and dynamic risk assessments will be carried out during training.
- Instructors are trained to adapt their delivery according to the individual needs of the children involved and will communicate at the appropriate level.

- We will provide fluorescent/reflective tabards for children to wear during on and off-road training.
- The road safety team may cancel the practical on and off road Bikeability sessions if weather or traffic/road conditions would adversely affect the safety or welfare of participants.

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During Level 1 Bikeability training, you learn to control and master your bike. The training takes place in an environment away from cars or traffic – usually in a playground or closed car park. You will usually be trained in groups of 6 -15, although individual training may also be available in your area.

Once you've completed your Bikeability Level 1 and been awarded your red badge, you will be able to:

- Fit your own helmet
- Carry out a simple bike check
- Get on your bike, start cycling, then stop and get off
- Ride your bike using the gears
- Make your bike go where you want it to, including moving around objects safely
- Control the bike with one hand
- Stop quickly if you need to
- Look all around you when you're riding, including behind, without wobbling



Level 2 Bikeability takes place on local streets, giving you a real cycling experience. You will be taught how to deal with traffic on short journeys such as cycling to school or the local shops. You will usually be trained in groups of 6 -12, although individual cycling may be available in your area.

Once you've completed your Bikeability Level 2 and been awarded your orange badge, you will be able to:

- Start and finish a journey by road, including passing parked or slower moving vehicles and side roads
- Make a u-turn
- Identify and react to hazards in the road
- Signal your intentions to other road users when someone needs to know what you're doing
- Understand where to ride on the road
- Use junctions, including turning left and right into major and minor roads
- Decide whether a cycle lane will help your journey
- Use the Highway Code, particularly when it comes to understanding road signs



When you reach Level 3 standard you will be able to deal with more challenging roads and traffic situations. Level 3 training is delivered one-to-one or in groups of up to 3 so can be tailored to your individual training needs, such as your route to work or school. Make the most of your Level 3 training by speaking to your instructor before the session and explaining what you want to learn.

Level 3 covers dealing with hazards, making 'on-the-move' risk assessments and planning routes for safer cycling.

Once you've completed your Bikeability Level 3 and been awarded your green badge, you'll be able to cycle almost anywhere, and:

- Make a trip to school, work or elsewhere on any roads
- Use complex junctions and road features such as roundabouts, multi-lane roads and traffic lights
- Understand driver blind spots
- Know how (and when) to pass queuing traffic
- Identify and react to hazardous road surfaces
- Plan your route
- Interpret road signs

For further information regarding road safety education please contact:

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