



Bikeability



National Standard Cycle Training Scheme at Ferndown Leisure Centre

Cycle Information for children, adults and the whole family.

Ferndown Leisure Centre

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DC Leisure working in partnership with Dorset County Council

What is Bikeability?

Bikeability is 'cycling proficiency' for the 21st century, designed to give the next generation the skills and confidence to ride their bikes on today's roads.

There are three Bikeability levels. A child will typically start Bikeability lessons once they have learnt to ride a bike, with 8+ year olds progressing through to Level 2, and then Level 3. Certificates and shiny luminous badges for each level are awarded to children who successfully complete each course and children are encouraged and inspired to achieve all three levels, recognising that there is always more to learn and to enjoy on a bike.

Bikeability was developed by more than 20 professional organisations including the Royal Society for Prevention against Accidents and is supported by cross-Government departments including the Department for Transport, Department of Health and Department for Children, Schools and Families.

Introduction to Bikeability

The minimum age is 6 years. An introduction into the basics of cycling and cycle control.

Level 1

During Level 1 Bikeability training, you will 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 gain basic cycle control skills including starting and pedalling; stopping; manoeuvring; signalling and using the gears on your bike. The minimum age for Level 1 is 7years.

Level 2

During Level 2 Bikeability training you will get out on the roads! Level 2 gives you a real cycling experience so that you are able to deal with traffic on short journeys such as cycling to school. We will cover passing parked cars, left and right turns – in and out of junctions, cycling past a junction and more. Discussions also take place covering road safety, road signs and road layouts. Level 2 is for children aged 8+.

NEW – Bikeability Level 3

Ferndown Leisure Centre has been involved with cycling proficiency since 1996. Over the years we have trained thousands of children and have an excellent pass rate. We are passionate about safe cycling and have kept up to date with the latest cycle training. The centre is currently delivering the new government National Standard bikeability level 1 & 2 courses. The National Standard comprises of 3 levels and we are now in a position to offer level 3.

What is Bikeability level 3

Level 3 is suitable for both adults and children aged 8+ (children will have needed to have passed Level 2). The aim of the course is to promote confidence and correct safe cycling on a particular route, or whilst negotiating roundabouts, traffic lights, and complex roads/junctions.

How to book a Level 3

Contact the centre on 01202 877468 and ask to speak to a Bikeability Instructor reference a level 3 course.

Benefits of the course

- Low training ratio 1:1 or 1:2 depending on age and/or cycling ability, or can be 1:3 – parents and child / friends etc.
- Flexible timing arranged between the trainer and the trainee to best suit you.
- We come to you and cycle a route of your choice e.g. To school from home / To a friends house / To the local shops.
- All routes will be planned in advance so we get to know the area and familiarise ourselves with the best route prior to the session.
- Great scope to learn how to cycle safely and correctly whilst building your confidence with busy roads – traffic lights, roundabouts, and more complex roads/Junctions.

Cycle Safety:

Our courses cover all aspects and the importance of being safe on your bike. Including:

- Correct equipment and Bike maintenance
- Safety checks on and off the bike
- Correct use of gears
- Signalling and Manoeuvres
- High way code

Our Course Information

February 2011

Level 1: Monday 21st and Tuesday 22nd

Level 2: Wednesday 23rd, Thursday 24th and Friday 25th

April 2011

Level 1: Monday 11th or 18th and Tuesday 12th or 19th

Level 2: Wednesday 13th or 20th and Thursday 14th or 21st and Friday 15th or 22nd

May/June 2011

Level 1: Monday 30th and Tuesday 31st May

Level 2: Wednesday 1st, Thursday 2nd and Friday 3rd June

July/August 2011

Level 1: Monday 25th July or 1st or 15th August and Tuesday 26th July or 2nd or 16th August

Level 2: Wednesday 27th July or 3rd or 17th August and Thursday 28th July or 4th or 18th August and Friday 29th July or 5th or 19th August

October 2011

Level 1: Monday 24th and Tuesday 25th

Level 2: Wednesday 26th, Thursday 27th and Friday 28th

December 2011

Level 1: Monday 19th and Tuesday 20th

Level 2: Wednesday 21st, Thursday 22nd and Friday 23rd

How to Get Involved

If you are a child and you want to do your Bikeability, speak to your mum, dad, guardian, or hassle your teacher at school!

If you are a parent/guardian/teacher contact the Centre on **01202 877468** for prices and availability on courses.

If you book both phases you will get a discount overall!

What do I Need to Bring?

A roadworthy bike of the right size for the child and a cycle helmet and Drink. (Please bring drinks in a cycle style drinking bottle with cap top to avoid spillage)

Cycling for Better Health

Cycling can lead to significant health benefits. These benefits include:

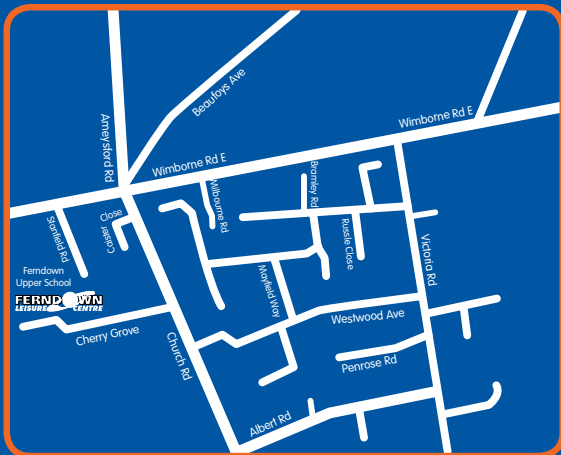
- Lowering both blood pressure and the resting heart rate.
- Improving stamina, strength and cardiovascular fitness.
- Increasing calorie consumption and raising the metabolic rate. This can, in turn, lead to weight loss.
- Improving co-ordination and balance.
- Promoting psychological well-being.
- Several studies have shown that exercise can improve mental capacities, reduce stress and give a general sense of well-being.

Cycle to Work/School Scheme

We can come to your School, Work or Group to deliver Bikeability Level 1, 2 or 3 at your site. We can be quite flexible with times to suit you. We also can run courses throughout the week and weekend, contact us for more information.

Why Cycle?

- Cycling is so much faster than walking, meaning you can get to school in half the time – that means more time in bed!
- You'll get fit – cycling is one of the best forms of exercise you can get.
- Cycling is good for the planet – bikes don't pollute the air with exhaust fumes, the only energy they use is pedal power!
- Cycling gives you loads of freedom – you can pop round to a mate's house without having to wait for a lift.
- More children cycling will lead to improved health and fitness, reduced congestion and pollution and hopefully even more Olympic champions!
- There's a brand new world for you to discover when you get in the saddle, whether you're cycling to school or riding around in your free time with your mates.
- Cycling at least twenty miles a week reduces the risk of heart disease to less than half that for non-cyclists who take no other exercise.
- Kids who cycle are more confident, more independent and perform better at school!
- Because it's fun and it's free – what more do you need!



Improving the quality of life for people in Dorset, now and for the future. To contact Dorset County Council Road Safety Team call **01305 251000**.
Accredited Bikeability Provider.