



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 the corporate branding for national standard cycle training instruction.

The scheme at Ferndown is provided at four levels:

Introduction to Bikeability

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

Level 1

The minimum age is 7 years. This offers basic bike skills in a controlled environment. Covered in a traffic free environment.

Level 2

The minimum age is 8 years. This offers on road training at approved locations. This will include cycling a planned route. Is covered on quiet roads but with real traffic conditions.

Level 3

The minimum age is 12 years. This offers training on busy roads using complex junctions and road features. Is covered on busy roads incorporating real traffic conditions and advanced road features.

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 2010

Level 1: Monday 15th and Tuesday 16th

Level 2: Wednesday 17th, Thursday 18th & Friday 19th

April 2010

Level 1: Monday 5th, 12th and Tuesday 6th, 13th

Level 2: Wednesday 7th, 14th and Thursday 8th, 15th & Friday 9th, 16th

May/June 2010

Level 1: Monday 31st May and Tuesday 1st June

Level 2: Wednesday 2nd June, Thursday 3rd June & Friday 4th June.

July / August 2010

Level 1: Monday 26th July, 2nd, 16th August and Tuesday 27th July, 3rd, 17th August.

Level 2: Wednesday 28th July, 4th, 18th August, Thursday 29th July, 5th, 19th August & Friday 30th July, 6th, 20th August.

October 2010

Level 1: Monday 25th and Tuesday 26th

Level 2: Wednesday 27th, Thursday 28th & Friday 29th.

December 2010

Level 1: Monday 15th and Tuesday 16th

Level 2: Wednesday 17th, Thursday 18th & Friday 19th

Contact the Centre today for prices and 'up to date' availability on courses.

"Beat the April price increase and book now"

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

Things 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)

What is Bikeability?

There is no doubt that cycling is one of the most effective and enjoyable work-outs. 'Cycling for Better Health' by the Department of the Transport, Environment and the Regions - found that even a small amount of 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.

As well as being exhilarating and convenient, cycling provides one of the most effective forms of aerobic exercise according to 'Pedalling Health: Health Benefits of a Modal Transport Shift'. In the long-term, cycling can improve general fitness and help to reduce the chances of premature end to life.

Cycle to School Schemes

The Centre visits Schools and Community Groups, so if you are interested in having Bikeability courses run at your site, contact the Centre for details. We can be quite flexible with times to suit you as we now have a number of qualified Bikeability Instructors.

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.

How to find us?

