

Bikeability

Bikeability is designed to give children the skills and confidence to ride their bikes on today's roads.

There are three levels:

- 1** Level one offers basic bike handling skills in a controlled environment away from roads
- 2** Level two is taught on-road and teaches children to cycle following routes on minor roads offering real cycling experience
- 3** Level three will ensure cyclists are able to manage all traffic conditions

To find out how to book a part in Bikeability or to book an age-specific course visit www.bikeability.org.uk or call 0800 010 1000. Please contact us if you have any queries.

www.bikeability.org.uk

CYCLISTS, RIDE A DOOR'S WIDTH FROM PARKED CARS

CYCLISTS, RIDE CENTRAL ON NARROW ROADS

DRIVERS, LOOK OUT FOR CYCLISTS AT JUNCTIONS

CYCLISTS, ALWAYS STOP AT RED LIGHTS

MOTORISTS, LEAVE ROOM FOR CYCLISTS AT TRAFFIC LIGHTS

DRIVERS, LOOK OUT WHEN GETTING OUT

2. Course Times and Ratios

[illegible]



Hertfordshire





Hertfordshire
Year of Cycling

Beginner Biking & Fun Skills

"Beginner Biking is a fun way for parents and carers to start helping their children to shed their stabilisers and ride their bikes"

[INSET DATE] - [INSET CHILDREN CENTRE NAME]

(INSET ADDRESS) (INSET ADDRESS)

Learning is through a mixture of exercises and games. Please bring along some refreshments (and snacks).

- Each beginner child must be accompanied by an adult (siblings who can cycle will be looked after - bring their bikes)
- Please remove stabilisers from children's bikes before the start
- Please all wear sensible shoes (adults & children)
- Adults are responsible for their children's behaviour



Places must be pre-booked through the Children's Centre.

[INSET CONTACT DETAILS]



**GREEN
AWARD
WINNER**

In partnership with
CyclingEngland.co.uk
winner of 2 Green Apple
Awards for this project.



Hertfordshire
Year of Cycling

The Cycle Training Team
Transport Access & Safety, County Hall, Hertford, Hertfordshire, SG1 1BN
E: cycle.training@hertfordshire.gov.uk T: 01992 500008

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Cycling is a great way to get fit, stay healthy and have fun with friends and family.

It is an inexpensive and reliable way to travel to work and school and to reduce pollution.

Throughout the year (May 2014 – May 2015) there will be a series of rides, activities and events across the county.

Find out more about cycle training, safety and the health benefits of this great activity during the Hertfordshire Year of Cycling.

www.hertsdirect.org/cycling



Hertfordshire
Year of Cycling





Hertfordshire
County Council

BE SEEN BE SAFE

WHEN YOU'RE CYCLING

Ensure you wear a cycle helmet
and are lit up at night







**ESSEX
POLICE**
Protecting and serving Essex

**CALL
ESSEX
POLICE**

101
24 hours
0300 555 1101





Tree?



Cyclist

Please remember to use your lights
Trees and Cyclists look alike

Cycling in blind spots can be fatal

TRANSPORT FOR LONDON

Transport for London logo