



Delivering cycle training to you.



### Beginner Biking

Aimed at our youngest riders, this course helps children learn to ride. Stabilisers should be removed from children's bikes before the start of the course and parents/carers must understand that they are there to help their child to learn to ride.

This course requires a hard-standing area such as a playground or tennis court without nets.

**Suitable for:** Reception and year 1/2

**Group size:** 8 rider/carers pairs

**Duration:** One 1 hour session

**Price:** £60 /hour – this covers 8 pairs

### Fun Skills

The Fun Skills course is a one-hour session for up to 16 children who can cycle unaided. Our instructors will provide the cones and equipment to deliver a skills-based games to improve the rider's cycling skills

This course requires a hard-standing area such as a playground or tennis court without nets.

**Suitable for:** Years 1/2/3

**Group size:** Max 16 riders

**Duration:** One 1 hour session

**Price:** £60/hour this covers up to 16 riders

### FREE LEARNING RESOURCES:

<https://bikeability.org.uk/tools-for-schools>



### Bikeability Level 1 - Skills course

This course aims to develop mastery in cycle handling in an off-road environment and prepare riders for cycling on the road. Riders must be able to cycle (i.e. pedal and glide) to participate.

**Suitable for:** Year 3/4      **Ideal group size:** 12-16      **Minimum group size:** 10

**Duration:** Two 2 hours on 2 consecutive days

**Price:** £15/rider

### Bikeability Level 2 (inc. Level 1) - Basic Road Course

The Level 2 course aims to develop riders' skills and confidence for cycling on single-lane roads and simple junctions with mostly moderate motor traffic flows (where riders encounter vehicles with progressively greater frequency in each module), and prepares riders for cycling on more complex, often busier or faster roads and junctions. Riders must have fully demonstrated Bikeability Level 1 National Standard assessment criteria before they start Level 2 training.

**Suitable for:** Years 5/6      **Ideal group size:** 12-16      **Minimum group size:** 10

**Duration:** 5 sessions over 5 consecutive days (2hr session first day, 1hr 15mins remaining days)

**Price:** £25/rider (subsidised by central Government funding)

### Bikeability Level 3

The Bikeability Level 3 course aims to develop riders' skills and confidence so they can ride in diverse road environments, including complex, often busy roads and junctions, sometimes with speed limits above 30 mph. Successful demonstration of National Standard assessment criteria in Bikeability Level 2 is a prerequisite for participation in Bikeability Level 3.

**Suitable for:** Year 6 plus      **Ideal group size:** 6      **Minimum group size:** 6

**Duration:** Four sessions over 4 consecutive days

**Price:** £25/rider (subsidised by central Government funding)

For all courses we will require access to a hard standing area, sheltered cover and access to toilet facilities. Cones and equipment to deliver the course will be supplied by our instructor team, however we are unable to provide bikes for courses.

**For further information please contact us:**

**Phone:** 01992 556808 **Email:** [cycle.training@hertfordshire.gov.uk](mailto:cycle.training@hertfordshire.gov.uk)

### Other courses available

The team also offer courses through the various cycle hubs during holiday breaks where children can attend if they have missed training in their school or wish to retake training. These cycle hubs are located in Hertford, Leavesden, Stevenage and Watford.

Our partnership with the Herts Disability Sports Foundation has allowed us to offer school holiday training courses for those with SEND / medical requirements that could restrict them taking part in courses with their peers. For more information and dates for these courses please visit:

[www.hertsdisabilitysportsfoundation.com](http://www.hertsdisabilitysportsfoundation.com)

We also offer one to one training for those that wish to learn to ride, retake training or expand their skills. This is available for all ages and can be requested by following this link:

[www.hertfordshire.gov.uk/cycletraining](http://www.hertfordshire.gov.uk/cycletraining)

Your cycle training will count towards your Modeshift Stars accreditation.



**REGISTER NOW**

