

SCHOOLS



BIKEABILITY

Level 1

- Essential cycling skills
- Pedalling, braking, cornering
- Playground based
- Bike games

Level 2

- Road safety skills
- Signalling, junctions, awareness
- Playground based training
- Road based scenarios

- Max group size 10 pupils

- Half day or full day

- 1 additional adult required for on-road scenarios

- Risk assessment completed

cooperatively

- Pupils will need their own bikes, helmet and suitable clothing for the training

GO MTB

- Groups or individuals

- Levels 1-3 can be playground based

- Max group size 8 pupils

- Covers biking skills, maintenance, navigation, first aid

Dr Bike

- Free bike safety checks for pupils and staff

- Checks completed during class time