

Cycle4LIFE

BIKEABILITY FAMILY

As a local provider of Bikeability Training, Cycle4LIFE are delighted to offer Cycle Training for the Family



Bikeability Family is a training package to help people living in the same household to cycle together. By the end of the module, at least one adult householder should have demonstrated National Standard assessment criteria to least to Bikeability Level 2.

This module is not suitable for children on balance bikes, or those who have not yet learnt to ride a cycle (i.e. are using stabilisers). There are other training modules which will be more appropriate for learning to ride.

Whilst each session can be tailored around the needs of each family, at the end of the module riders will understand:

- How to carry out a safety check of their bike prior to riding
- How to properly fit a cycle helmet (should one be required)
- What is the best clothing to wear when cycling
- How to fix a puncture
- How to plan a suitable route for cycling
- How best to ride in a group

This course is aimed at families, with:

- At least one adult taking part
- No minimum age for a rider providing they can all cycle confidently
- Typically the module lasting for around 3 hours
- Holidays, half terms and weekends being the ideal time for them

Cost

Whilst this module is heavily subsidised by the Leighton Linlade Sports Partnership there is a non refundable deposit of £20, to confirm the booking with the Instructor

For further information, in the first instance, please email andrew@cycle4life.org