

### What is it?

We offer cycle training schemes to all primary and secondary schools throughout the county. We also offer 1-1 cycle training for any age group.

### Who is it for?

Cycle Training Level 1 - we now offer a "basic cycling skills" course, level 1 of the National Standards for Cycle Training, to Year 4 pupils upon request from the school.

Primary Training - is aimed at Year 5 or Year 6 pupils and takes place either in the playground or (if a suitable site exists) on a road near the school.

Secondary schools - can be provided with an 'On Road Advanced' cycling course, this covers more complex situations. The nature of the training at Secondary Schools (1 Instructor with 2 pupils) means that the Instructor can develop the pupils cycling skills from whatever level they start.

Summer on-road cycling holiday courses - Each summer during the school holidays we offer cycling courses for children aged 9-11 for those who missed training at their Primary school. The current fee this year was £5.00 per pupil for the course. Details will be sent to schools prior to the end of term.

### How does it work?

The cycling schemes aim to enable young people to:

- Understand the difference between riding and playing on a bike.
  - Be able to ride their bike under full control when looking behind, manoeuvring, starting, stopping and signalling.
  - Know how to identify faults on their bike that affect their safety, and understand the need for the bike to be well maintained.
  - Understand the dangers involved in riding both on and off road, and how to cope with on road and traffic situations.
  - Be able to recognise potential hazards and to take action to avoid them.
- Understand the benefits of lights, reflectors, high-visibility clothing and helmets.

### When does it happen?

The school-based cycling is organised direct with schools.

The 1-1 cycle training is subject to instructor availability

### How much does it cost?

Cycle Training Level 1 - The current fee is £1.00 per child and this cost is generally met by the school.

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Primary School - The current fee is £4.50 per child and this cost is generally met by the school. They will know if they are planning cycle training during the current year.

Secondary School - 'On Road Advanced' cycling course. The current fee is £5.00 per child and this cost is generally met by the school and they will know if they are planning cycle training during the current year.

Summer on road cycling holiday courses - The current fee this year was £5.00 per pupil for the course.

1-1 cycle training - £40.00 for four hours; additional hours can be added at £10.00 per hour if required.

For more information about the scheme, contact us.

