

Staying Safe on the Roads

Bicycle Safety

South Gloucestershire Councils Road Safety Team offer a number of interventions targeting cycling, passengers, young drivers, drink/drug driving and pedestrians.

Bikeability cycle training is a progressive three-level programme in which trainees;

1. Demonstrate cycle control skills in a traffic free environment.
2. Develop the skills and confidence for cycling on mainly local roads and simple junctions.
3. Move onto more challenging, often busier sometimes multi lane roads and complex junctions.

How to get training

Our training is free and predominantly run in schools however we consider requests from other organised groups. We also run a limited number of children's holiday training schemes and adult training.

Level 1 Training (School year 3 and above)

This 2 hour course takes place in a traffic free environment, designed to improve cycle skills and confidence.

Level 2 Training (School year 5 and above)

This two day course is designed to give trainees the skills needed to make a journey to and from school on quiet roads.

Level 3 Training (School year 7 and above must have completed level 2)

This half day course is designed to build on skills acquired in Level 2. Trainees will learn and encounter more complex, busier road situations.

In addition we offer the following Bikeability modules which aim to increase the take up of Bikeability in schools.

Bikeability Fix

This session teaches Bikeability trainees how to perform basic maintenance on their bikes – Session 1 ½ hours.

Bikeability Learn to Ride

This session is for children who are unable to cycle, including older children and adults who have never mastered the skill. For School Year 3 and above.

Bikeability Ride

This is aimed at secondary school children who have taken part in level 2 upwards with an aim to incorporate quiet roads and shared paths which young people are likely to use when getting about in their area, ride distance approximately 5 - 7miles – Session 1 ½ hours.

Bikeability Transition

Bikeability Transition provides students moving from primary to secondary school with route planning skills to plan and make a safe cycle ride to their new school.

Bikeability Recycle

We refurbish unwanted bikes and look to rehome them with children who don't have access to a roadworthy bike. At present we have a range of bikes in different sizes.

For more information contact us at cycle_training@southglos.gov.uk