



Thanks for booking your child on to our Bikeability holiday course at Ashton Park Sports Centre. **Bikeability** is the new Cycling Proficiency for the 21st Century! There are 3 levels and a brand new 'Fix' session. Your child will be learning Bikeability Level 2&3 combined, with an added 'Fix' session. We start with Level 1 skills in the playground but quickly progress to riding on-road. For more information see www.bikeability.org.uk

See below times and details of the course:

Day 1	9am – 12.30pm	Bikeability 'Fix'
	1pm - 4pm	Bike check, playground skills & on road training
Day 2	9am – 12.30pm	On road training

Feedback is on the last day from 12-12:30 including certificate & badge giving to which parents are most welcome. The above timings include 1 hr. multi sports fun each day run by the sports center's coaches (this is to serve as a warm up and cool down), the Bikeability training will take place 9.30am-12noon each day.

Access to the Sports Centre is via Ashton Park Secondary School, Blackmoors Lane, Ashton, Bristol, BS3 2JL. It is well signposted from inside the school. Please use the bike stands outside the Sports Centre.

Really, really important things!

On-road Training: please note that Bikeability Level 2 is on road training and your child will be cycling with a group on the roads/junctions close to the venue.

Roadworthy bikes: Bikes are checked at the start of session 1 and **MUST** be roadworthy by then. If not, your child cannot take part in training and there will be no refund.

Bike Locks: you need to lock your child's bike outside the sports center for the beginning and end of the day, please bring a suitable lock.

Cycling ability: To ride onroad your child **MUST** be able to cycle one handed and look over their shoulder without falling off. If they can't do this they are not ready for this course and there will be no refund.

Attendance: Children **MUST** attend all sessions. If they miss one (for whatever reason) they **WILL NOT** be able to re-join.

Cancellation policy: If you need to cancel or re-arrange this booking for any reason, you **MUST** give us 10 days notice in order to receive a full refund. Please refer to the Sports Centre cancellation policy.

Things to think about...

Helmets. If you want your child to wear a helmet for the training please make sure they bring it every day.

Special needs. We want all children to benefit from cycle training but we really need to know if your child has special needs, please let us know in advance.

The weather: we are an all weather outfit so make sure that your child is dressed appropriately as we will not cancel the session.

Terms and Conditions: full T&C's can be found on our website www.lifecycleuk.org.uk

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The Bikeability 'Fix' is a 2.5hr course (complete with certificate & puncture repair kit to take home) taking young people aged 11years + through the basics of understanding how a bike is set up and some basic skills i.e. puncture repair. Children are encouraged to wear old clothes / bring an old overshirt in case of oily spillages. We also provide non latex gloves.

Outcomes for all:

1. Ensuring handlebars are straight
2. Understand key parts of a bike/what an inner tube does
3. Able to check whether or not a bike is roadworthy
4. Able to use basic maintenance tools (allen keys, spanner, puncture repair kit, pump)
5. Able to remove a front wheel
6. Able to remove an inner tube
7. Able to locate and patch a puncture
8. Able to fit an inner tube
9. Able to fit a tyre
10. Able to inflate a tyre to the correct pressure
11. Able to refit a front wheel to a cycle
12. Able to adjust brakes using a barrel adjuster
13. Able to fit a cycle to a person by raising and lowering the seatpost and ensuring the saddle is straight on