



# Holiday Activity Programme

Dear Parent,

## Confirmation of activity booking with Ashton Park Sports Centre

Thank you for booking your child onto:

### Bikeability Level Two

Please find below details and requirements for the session:

The session will take place at Ashton Park Sports Centre. The Bikeability Level 2 course aims to develop riders' skills and confidence for cycling on single-lane roads and simple junctions with mostly moderate motor traffic flows, and prepares riders for cycling on more complex, often busier roads and junctions.

At Level 2, riders are able to; cycle safely and responsibly, identify and respond to hazards, start and stop on-road journeys, maintain suitable riding positions, share the road with others and communicate with other road users, comply with signals, signs and road markings, manage risk when cycling, and negotiate junctions.

Drop off and collection for this activity will be at **Ashton Park Sports Centre**. Once dropped off and registered at the Sports Centre, a LifeCycle instructor will take the children out to the car park, or hard standing areas within the school for their training. The children will then be brought back to the Sports Centre after the activity ready to be signed out and collected.

Participants should bring the following to the session:

- Waterproof Jacket
- Old, loose fitting, tracksuit bottoms/leggings
- Bike Lock
- Helmet

### 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 the course/

**Cycling ability:** To ride onroad your child must **MUST** be able to cycle on handed and look over their shoulder without falling off.



# Holiday Activity Programme

Please note that these sessions are subject to a required minimum number of participants. Booking must be done before 4pm the day before an activity.

If you have any further questions please contact the Sports Centre on the number below.

Regards,

Ashton Park Sports Centre

---

Ashton Park Sports Centre **t:** 0117 3773300  
Blackmoors Lane **e:** [enquiries@ashtonparksports.com](mailto:enquiries@ashtonparksports.com)  
Bower Ashton **w:** [www.ashtonparksports.com](http://www.ashtonparksports.com)  
Bristol  
BS3 2JL

*Working in partnership.*

