



# Holiday Activity Programme

Dear Parent,

## Confirmation of activity booking with Ashton Park Sports Centre

Thank you for booking your child onto:

### Bikeability Level Three

Please find below details and requirements for the session:

The session will take place at Ashton Park Sports Centre. The Bikeability Level 3 course aims to develop riders' skills and confidence so they can ride in diverse road environments, including complex, often busy roads and junctions, sometimes with speed limits above 30 mph.

At Level 3, riders are able to; plan a journey, plan to and ride assertively everywhere cycling is permitted, maintain suitable riding positions, co-operate with and respect other road users, pass queueing traffic and use junctions controlled by traffic lights, use cycle infrastructure and multi-lane roads, and ride on roads with speeds above 30 mph.

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 3 is **advanced on road training** and your child will be cycling with a group on complex junctions and multi-lane roads.

**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:** If your child has passed Bikeability Level 2, and cycles regularly, they will probably be ready for Level 3.



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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

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