

How does it work?

Whether you and your family are new to cycling or already have experience, your instructor will tailor the session to meet your needs.

The training is delivered in two 90 minutes sessions and starts off-road, progressing onto local roads. The session also covers cycling as a group and protective riding strategies.

When are the sessions available?

Please contact us for availability by emailing cycling@northynteside.gov.uk

What are the requirements?

Sessions are available for up to 6 people from the same household and must include at least one adult.

All riders must be able to cycle independently (without stabilisers and wobbling!) Adaptive bikes, cargo bikes, e-bikes and bikes with child seats can be incorporated into the sessions.

All riders will each need a roadworthy bike, a drink and suitable clothing for the weather that day. A helmet is not mandatory but is recommended.

You will be outside and will be required to complete some cycling but there will be times when you're stood still, so wrap up on cold days (gloves are recommended).

Anyone who takes any medication should bring this with them for example an inhaler. Let the instructor know about any relevant health issues on your booking form and again at the start of the session.

What does the course cover?

- Suitable riding positions for cycling on the road
- Starting and stopping safely
- Identifying and responding to hazards
- Negotiating junctions
- Passing side roads
- Turning at junctions
- Riding as a group on the road
- Support with situations where you feel less confident
- Finding the best routes to places you visit regularly/want to cycle to

Where do the sessions take place?

Your instructor will work with you to decide where to ride. This will be based on your family group's skill level or other goals for example riding with your children to school or to the park, shops, etc.

Prior to your first session, your instructor will ask you to identify the start and end point for an on-road cycle journey (as well as any places you'd like to include on the route). The instructor will review and risk assess your route and provide you with feedback at your first session.

They will suggest alternative routes where appropriate and will aim to include the most useful local infrastructure for on-road cycle training.

Your second session will include cycling your planned route with your instructor.

What do I need to do to prepare?

We advise adults to look through the following online resources.

- Parents Handbook - <https://bikeability.org.uk/cycle-more/family-cycling/bikeability-parents-handbook>
- Be Prepared - <https://bikeability.org.uk/cycle-more/be-prepared>
- Family Cycling - <https://bikeability.org.uk/cycle-more/family-cycling>
- Simple bike check - <https://bikeability.org.uk/bikeability-training/get-ready>

Your children can get involved too, with the downloadable 'Just for Fun' pack full of cycling themed challenges, puzzles, poetry, games, maths and facts!

<https://bikeability.org.uk/cycle-more/family-cycling/just-for-fun>

You will also need to check that your bikes are in a roadworthy condition and that your helmets fit correctly. If you have any concerns about the condition of your bikes, you should seek advice from a professional cycle mechanic.