

An initiative organised by Sandwell MBC Road Safety Team in partnership with West Midlands Fire Service



WEST MIDLANDS FIRE SERVICE



To book your place please contact:

Preferred contact method is by email

claire_postin@sandwell.gov.uk

Sandwell Road Safety Team
0121 569 4102

Places are strictly limited, please book now!



Calling all budding cyclists aged 10-12!
Come and take part in our exciting summer cycling scheme at Wednesbury Fire Station!



WEST MIDLANDS FIRE SERVICE

2 day course @ Wednesbury Fire Station, King Street, Wednesbury

Course 1: Tuesday 10 August and Wednesday 11 August 2010 or
Course 2: Thursday 12 August and Friday 13 August
9.30am - 3pm each day



What is Bikeability?

Bikeability is cycling proficiency for the 21st century, giving young people the skills and confidence to cycle on today's roads.

It's split into three levels including basic bike handling skills, riding on quiet roads and dealing with more complex traffic conditions.

Who is the summer scheme for?

The summer scheme is open to pupils aged between 10 and 12.

You should be able to ride your bike with a good standard of balance. We

will teach you how to ride safely in real traffic situations, so it is important you also have good general awareness and can act sensibly on the roads.

Do I need my own bike? Do I need a helmet?

It is preferable that you bring your own bike, however a small number of loan bikes may be available, just let us know when booking.

If you do not have a helmet we will provide you with one free of charge. You must wear it whilst cycling on the course.

What will I learn?

You will be working towards levels 1 and 2 of Bikeability. You will spend time off-road learning the basics of handling and signalling before progressing onto local roads. In real traffic situations you will be taught how to complete a short journey safely.

Will it be fun?

Yes! Cycling is great fun, and an excellent way to keep fit. You will make new friends and, of course, the instructors will ensure you enjoy yourself!

Do I get anything for completing the course?

As well as learning some life-saving skills, you will also be presented with a certificate and a badge. We also have a goody bag for everyone completing the course.

How can I join in?

Spaces are strictly limited. Before you book please make sure that you are able to make both days, then ask your parents / guardians to email us - claire_postin@sandwell.gov.uk.

Is there a cost?

The cost of running the course is heavily subsidised by funding from Cycling England. West Midlands Fire Service are providing the venue for free and various organisations donate items for the goody bags! As a result we are able to offer the course at an exclusive fee of £5 per cyclist. This includes refreshments each day, a helmet, badge, certificates and goody bag. I'm sure you will agree this is great value.

Visit www.bikeability.org.uk
for more information
about the scheme!