



Get
Around **MK**

Discover
Pedal
Power!

Sharpen your
pupils' cycling
skills

Interested? visit: getaroundmk.org.uk
or bikeability.org.uk



Active Travel England



Milton Keynes
City Council

What can Bikeability do for your school?

Cycling is a great way for children to travel to school, get some exercise and start the day fresh faced and motivated. Bikeability is the government's national cycle training programme, designed to help children learn practical skills and cycle safely on today's roads and Redways. There are a range of courses, each progressively improving skills from basic balance to riding independently.

Bikeability courses are designed to:

- Boost confidence
- Prepare young people for travel independence
- Enhances navigation skills
- Develops communication skills
- Increase understanding of road safety.

Benefits are:

- Promotes physical fitness
- Reduces carbon emissions
- Fosters social connections by opening up opportunities to ride with friends and family
- Increases cycling to school, thereby reducing congestion outside the school gates.

Delivered by Milton Keynes City Council for over 10 years, training sessions are offered in schools and for all ages and abilities within the local community.

Our courses have an outstanding safety record. All our instructors are:

- ✓ Fully trained Bikeability instructors
- ✓ Enhanced DBS checks (available upon request)
- ✓ Certified first aiders
- ✓ Trained to conduct thorough risk assessments throughout the course

Visit Modeshift STARS



Booking Information

Bookings will be arranged by our Bikeability Coordinator. We also encourage all schools to sign up for the free Modeshift STARS programme to help monitor the benefits of our training.

We encourage schools to utilise courses and available government funding by sending entire Year 5 or 6 groups for progression training. We can support every child to ride safely and confidently:



Once you've chosen dates for your courses, our Bikeability Coordinator will:

- Confirm your booking via email
- Provide parent consent forms three weeks before training
- Confirm number of children and instructors two weeks prior
- Final confirmation and last-minute consents handled one week prior

For more information on cycle training for your school, you can visit:

getaroundmk.org.uk/cycling/skills-training or www.bikeability.org.uk.

If you're interested in Bikeability for your school, please contact our cycling team at cycling@milton-keynes.gov.uk

Visit Get Around MK



or Bikeability



Active Travel England



Milton Keynes
City Council