



Get
Around **MK**

Discover
Pedal
Power!

Sharpen your
cycling skills!

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



Active Travel England



Milton Keynes
City Council



Bikeability is coming to your school this term.

Bikeability is the government's national cycle training programme. It's designed to help children (and adults) develop super cycling skills and learn more about road safety.

Each course is designed to enhance and develop cycling skills, from balance to independent riding on roads and Redways.

Bikeability cycle training is a great way to:

- Boost confidence on a bike while developing lifelong cycling skills.
- Teaches road safety and improves navigation skills.
- Opens opportunities to ride with friends and family to school.
- Get to school and stay active.

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

For more information, you can contact your child's school or visit:

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

If you have any other questions about cycle training or cycling in MK get in touch with us at cycling@milton-keynes.gov.uk

Visit Get Around MK



or Bikeability





Bikeability Pathway

Learn to ride

This course is perfect for anyone new to cycling. In just one hour of 1-2-1 tuition, most of you will learn to ride. Bikes are available if you don't have one, and our instructors offer advice on where to ride, how to practice, and the best bike for beginners.

Session Aims:

- Learn how to balance and pedal
- Learn how to start and stop

Bikeability Level 1

This 2-hour course is ideal for new riders looking to build confidence. Level 1 training is delivered in a traffic-free environment, such as a quiet car park or school playground.

Session Aims:

- Master bike control, including brakes and gears
- Adjust your bike and fit helmet
- Perform basic bike safety checks



Bikeability Level 2

This 8-hour course, spread over 1 ½ days, builds on Level 1 training and teaches riders to cycle on local Redways and quiet roads. On-road training provides a real life, enjoyable, and effective learning experience

Session Aims:

- Start and finish an on-road journey
- Signal intentions and communicate with other people using the road
- Understand where to ride on Redways and roads
- Develop good observation skills



Bikeability Level 3

Recommendation by Instructors

This 3-4-hour Level 3 course is for riders recommended by their instructor after completing Level 2. It focuses on independent journeys using on and off-road facilities, busier roads, complex junctions, and roundabouts.

Session Aims:

- Effective use of on and off-road routes
- Navigating controlled junctions
- Using multi-lane roads
- Develops hazard perception and communication skills

Training is tailored to individual needs and may include planning routes from home to school or work.





Prepare before you pedal

Before you or your child head out on a bike, ensure it's roadworthy.

Basic Bike Check (M Check):

- Brakes: Ensure both brakes stop the bike when walking it.
- Wheels: Both wheels should be tightly fitted and spin freely. Tyres should be well inflated with no cracks or bulges.
- Spokes: Should all be of equal tension and not loose.
- Chain: The chain should be well lubricated and move freely. Avoid using too much oil.
- Saddle Height: At a height where your child can touch the ground on tiptoes when seated.
- Lights: A white front light, red rear light, and reflectors are legally required when cycling after dark.
- Helmet: A correctly fitted helmet with a CE mark can help reduce injury.
- Clothes: wear weather-appropriate, bright, or reflective clothing. Avoid loose straps or baggy trousers. Choose shoes with a flat, grippy sole.



Learn more

For more tips, visit the council's website:
getaroundmk.org.uk/cycling/advice-safety



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