

Adult Learning - Course Information Sheet

SCLC02CZ - Cycling - Confidence On The Road

Caroline Chisholm School

Wooldale Road
Wootton Fields
Northants

NN4 6TP

Start Date: 02 March 2019
Start Time: 14:00
Day: Saturday
Weeks: 3
Hours: 6
Cost: F=£38.00; R=£14.90
Tutor: Ms Katie Chown

Aims

To safely and confidently cycle on quiet residential roads. It is aimed at those who have completed the basic cycling skills or are comfortable with bike riding, but want to start using roads and cycle networks. It is delivered on public roads.

Outcomes

- Show awareness of what is happening around you including by looking behind
- Select the best position for yourself on the road to be seen by other road users
- Communicate with other road users
- Pass stationary vehicles
- Turn left and right on a variety of quiet roads
- Use cycle facilities both on- and off-road

How

The course is practical with a ratio of verbal instruction and demonstration to practical riding of 1:3

Qualification

Trainees must be able to ride a bicycle unaided and have some basic bike control skills

Bring

A fully working bicycle and cycle helmet. Wear suitable flat shoes such as trainers, and comfortable clothing for cycling depending on weather conditions, e.g. warm clothing if it is cold or a waterproof if rain is forecast.

Next Steps

You can discuss your requirements with your tutor towards the end of the course.

Health and Safety

When you enrol, please let us know if you require additional personal support to participate in this course. Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to https://safety.lovetoknow.com/Internet_Safety_Adult and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06. The completion of the Health Questionnaire is mandatory prior to the start of your course. Please take the completed form to your first session.

Information

Further courses/clubs and training are available via Northamptonshire Sport - visit their website for more details <http://www.northamptonshiresport.org/sports>
Wear suitable flat shoes, such as trainers, and comfortable clothing for cycling depending on weather conditions.

If you are enrolled on, or considering enrolling for a course or qualification with us, we can signpost you to the National Careers Service. This can be helpful if you would like to progress to further learning and/or employment and would like support from a qualified National Careers Service adviser. For more information please email: CommunityLearning@firstforwellbeing.co.uk or call us on 01604 367 119.

