

# Adult Learning - Course Information Sheet



## UCC6CA10 - Cycling - Confidence On The Road

### Caroline Chisholm School

Wooldale Road  
Wootton Fields  
Northants

NN4 6TP

**Room** Playground

Start Date: 22 June 2019  
End Date: 06 July 2019  
Start Time: 2:00PM  
End Time: 4:00PM  
Day: Saturday  
Sessions: 3  
Tutor: Ms Katie Chown

### Course description

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.

### Course outcomes

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

### How will the course be taught?

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

### What do I need to 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.

It is essential to attend the first session to continue with the course.

### Further support or progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact [alsreferrals@northnorthants.gov.uk](mailto:alsreferrals@northnorthants.gov.uk) or call 01604 368023 (answerphone available). Visit our website [www.northamptonshire.gov.uk/course-info](http://www.northamptonshire.gov.uk/course-info) for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your 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](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.

### Further information

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

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.

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Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

Adult Learning Service  
Support Service Team  
Email - [AdultLearning@northnorthants.gov.uk](mailto:AdultLearning@northnorthants.gov.uk)



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