



Bikeability for safer cycling



Working with you to reduce casualties

www.somersetroadsafety.org

Bikeability is cycling proficiency for the 21st century, designed to give the next generation the skills and confidence to ride their bikes on today's roads.



There are three Bikeability levels. A child will typically start Bikeability lessons once they have learnt to ride a bike, with 10-11 year olds progressing through to Level 2, and then Level 3 at secondary school (11-18 year olds). Children are encouraged and inspired to achieve all three levels, recognising that there is always more to learn and to enjoy on a bike.

Cycling Skills for Adults

If you've recently rediscovered your enthusiasm for cycling and would appreciate some hints and tips on how to make safe on-road journeys, a few Bikeability sessions will help you refresh your skills and provide you with confidence.



If you would like free cycle training for your children, please contact your school who can organise it through Somerset Road Safety.

Alternatively, visit us at the web address below or call us on 01823 423430 to find out more.



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