



Dear parent,

Avanti Cycling is working on behalf of Reading Borough Council to deliver Bikeability (Cyclist Proficiency for the 21<sup>st</sup> Century) training throughout the borough. The training is targeted at years 5 and 6 and is free.

*High quality cycle training has proven benefits in road safety and encouraging participants to travel in a more sustainable manner. This provides all round benefits to the children, not only in cycling to school, but also in their everyday life. It also has the following benefits:*

1. Teaches real life skills
2. Increases fitness for the trainee
3. Demonstrable benefits to attention span and learning ability at school
4. Shows in a practical manner the benefits of exercise, healthy living and sustainability
5. Can incorporate school learning programmes into a practical environment

Each course lasts two school days and is taught at a ratio of one instructor to six trainees. We train children to ride in a safe manner incorporating real life traffic situations to create a high quality learning environment.

**The course is fun and empowering for the children and adds variety to the school year by taking them out into the real world.**

Bikeability is delivered by professional instructors who are highly trained and regularly monitored by us. They deliver high quality cycle training that teaches the trainees skills that they will be able to keep for life. They are all first aid qualified and DBS checked. Your child will be in really safe hands.

Please note that your child will need a checked bike, we recommend Reading Bike Kitchen a cooperative running out of Jackson's Corner, they can support you checking your child's bike. <http://www.readingbicyclekitchen.org/>

Your child will need to be able to ride the bike prior to coming out with us, if you are not sure of his or her cycling skills why not drop in to Palmer Park Mondays and Thursdays from 16.30. they will prepare your child for Bikeability. [www.facebook.com/ReadingGetCycling](http://www.facebook.com/ReadingGetCycling)

If you have any queries please contact Greg Woodford the programme manager at [greg@avanticycling.co.uk](mailto:greg@avanticycling.co.uk)