



## FREE Level 2 Bikeability training

This half term we will be offering level 2 Bikeability training for those who are already able to ride a bike and are ready to move onto more complex training on the roads.

This will be a two-hour training session will be available to adults and children from 10 years who live, work or attend school in Newcastle upon Tyne, and is free of charge to participants.

All training is delivered by qualified National Standard Instructors who have DBS checks.

### **Level 2 will help participants:**

- Cycle safely and responsibly
- Identify and respond to hazards
- Start and stop on-road journeys
- Maintain suitable riding positions
- Share the road with others and communicate with other road users
- Comply with signals, signs and road markings
- Manage risk when cycling
- Negotiate junctions (pass side roads, turn at T junctions, and crossroads and roundabouts if present).



This training is delivered in small groups of up to 3. Riders must be able to cycle confidently to take part in the level 2 training, i.e. set off, pedal, slow down and stop.

### **Dates available:**

**Monday 17<sup>th</sup> February (10am-12pm -Lunch time -1pm-3pm)**

**Tuesday 18<sup>th</sup> February (10am-12pm -Lunch time -1pm-3pm)**

All training is delivered from Walker Activity Dome, Wharrier Street, Newcastle upon Tyne, NE6 3BR.

We have our own fleet of bikes and helmets available to use free of charge at Walker Activity Dome. Parking, changing facilities, toilets and vending machines are available at the Centre also.

### **How to book** (You must book)

Please e-mail [road.safety@newcastle.gov.uk](mailto:road.safety@newcastle.gov.uk) or call/text 07977410045 to book your place or for further information.

***If you have already completed Level 2 please contact us to find out more about Level 3 Bikeability and we will see what we can arrange for you ☺***

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### **About Walker Activity Dome**

Walker Activity Dome is located on the east side of Newcastle, affectionately known locally as the 'Dome'. The Centre offers a wide range of facilities and activities for all ages, abilities and members of the family. It boasts numerous sports pitches, as well as spacious changing facilities and a recently refurbished and extended fitness gym.

For more information and to see the many other activities which you can take part in, please visit:

[www.better.org.uk/leisure-centre/newcastle/walker-activity-dome](http://www.better.org.uk/leisure-centre/newcastle/walker-activity-dome)

[road.safety@newcastle.gov.uk](mailto:road.safety@newcastle.gov.uk) telephone 0191 2115961 or 01912115962