



Cycle training in Cornwall

Why cycle training?

- To increase trainees road user awareness
- To encourage trainees confidence as road users and awareness of hazards
- To promote safer cycling as part of a healthy lifestyle
- Cycle training can help schools work towards Healthy Schools status by actively promoting physical activity
- Cycle training can help schools work towards a school travel plan, or school travel plan review by actively promoting sustainable travel

Cycle training schemes available in Cornwall

Cyclewise

Cyclewise is a volunteer run, on-road cycle training scheme for children aged 10 and over. It is co-ordinated by Cornwall Council's Travel Awareness Team and is run in conjunction with schools and youth groups across the county.

Lessons usually take place over 6 sessions of one hour each and courses are run by fully trained, CRB checked instructors.

Cyclewise Juniors (formally known as WISEBikes):

Cyclewise Juniors is a pre-cursor to Cyclewise. It is a playground based cycle training scheme for children aged between 7 & 9. It is designed to teach children basic balance, bike control and safety skills and is usually run over 3 one-hour sessions.

For further information on Cyclewise and Cyclewise Juniors, please contact the Cycle Training Co-ordinator:

Tel: **0300 1234 101**

Email: **cycling@cornwall.gov.uk**

Post: Cyclewise, Travel Awareness, Cornwall Council,
Environment Planning & Economy, County Hall,
Treyew Road, Truro, TR1 3AY

Bikeability

Bikeability is a national cycle training scheme and there are several Bikeability instructors teaching cycle training at levels 1, 2 and 3 throughout Cornwall.

For more information on the scheme and how to get in touch with your nearest Bikeability instructor, visit the website at **www.bikeability.org.uk**

If you would like this information in another format please contact:

Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY

Telephone: **0300 1234 100** Email: **enquiries@cornwall.gov.uk**

www.cornwall.gov.uk