Each year Slough Borough Council applies to the Department for Transport for funding to run level one and two Bikeability training in Slough. Any school can hold a Bikeability course, which is the new version of the old Cycling Proficiency test.

If you would like a course to be held at your school please contact: transportdevelopment@slough.gov.uk

The courses are run by local qualified trainers, and will take approximately 8 hours to complete.

Bikeability courses are usually run for years 5 and 6 pupils. The number of spaces available is limited due to funding, but we aim to get as many children trained as possible.

You will need a bicycle and a helmet to take part in a Bikeability course.

Your bicycle must be:
- roadworthy, including:
  - good working front and rear brakes.
  - well-pumped up tyres - punctures cannot be tolerated, as time does not allow for this.
  - freely rotating pedals.
  - a frame with no cracks on the welded joints.
  - a well oiled chain.
  - a secure saddle and handle bars.
  - Where a bike is not fit to be used due to mechanical problems, you might not be able to take part in the course.

Level 1 Bikeability involves playground skills, which the rider will have to demonstrate before they are allowed on the roads for Level 2. The whole of Level 2 is based on the road.

If a course is not available through your school, your children are not yet in year 5, or you are an adult looking for training, you can book private lessons through the Bikeability website (www.bikeability.org.uk).

The council also works in partnership with Sustrains Bike It to encourage children to cycle to school. The Bike It officer works closely with three schools each academic year to run events, lessons, competitions and assemblies to promote cycling as a healthy and environmentally friendly way to travel to school.

Sustrains Bike It works intensively with schools by having an Officer coming in to hold practical sessions, impart knowledge and assist in running events.

The school will get a minimum of three terms of this intensive engagement, and then will be encouraged to start running the initiatives in a more independent way. For up to date information about your local area, visit the Sustrains website under the Bike It section.

Sustrains are a leading UK charity enabling people to travel by foot, bicycle or public transport for more of the journeys we make every day. They work with families, communities, policymakers and partner organisations so that people are able to choose healthier, cleaner and cheaper journeys, with better places and spaces to move through and live in.

The ‘NCN’ offers more than 12,000 miles of walking and cycle routes on traffic-free paths, quiet lanes and traffic-calmed roads. There are several sections of NCN in Slough as well as links to neighbouring towns such as Windsor (see map overleaf).

Slough Borough Council - working for you.

Sustainable travel

Encouraging Slough residents to switch to walking, cycling or public transport brings widespread benefits to people and the community. These include:
- Reducing congestion and improving the efficiency of the transport network, resulting in time savings for everybody.
- Reducing pollution from petrol and diesel fumes, improving air quality, reducing asthma and related illnesses.
- Improving the health and fitness of cyclists and pedestrians, reducing the risk of heart disease, obesity and diabetes, whilst lowering blood pressure.
- Cutting long-term healthcare costs, reducing sickness and ill health problems for local businesses.
- Promoting access to leisure opportunities, and quieter parts of Slough, improving people’s quality of life.

Sustrains

Sustrains Bike It works closely with adjoining boroughs to provide an integrated cycle network linking surrounding towns and villages.

The council also works with local schools to develop Safe Routes to School to encourage school children to walk or cycle to school.

National Cycle Network

The NDN offers more than 12,000 miles of walking and cycle routes on traffic-free paths, quiet lanes and traffic-calmed roads.

The school will get a minimum of three terms of this intensive engagement, and then will be encouraged to start running the initiatives in a more independent way. For up to date information about your local area, visit the Sustrans website under the Bike It section.

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For further information please visit: www.sustrans.org.uk/bikeit

Glytham Round to School
Off carriageway cycle route

Please note that the map does not indicate the exact cycle route for the journey from Glytham Round to School. For further information on the cycle route, please visit www.sustrans.org.uk/bikeit.